



# MAGNESIUM GLYCINATE

**60**  
60 PER  
BOTTLE

**CAPSULE**  
FORM

**200**  
200  
MGS

## BENEFITS

- ✓ Easily absorbed with no laxative side effects
- ✓ Encourages deep, restful sleep
- ✓ Supports a calm, relaxed state of mind
- ✓ Boosts mental clarity and brain function
- ✓ Aids cardiovascular health and normal blood pressure
- ✓ Contributes to healthy, resilient bones

Want better sleep, calm under stress, and support for heart, brain, and bone health? Magnesium glycinate is highly absorbable, gentle on digestion, and essential—yet most people don't get enough.

### SUPPLEMENT FACTS

**Serving Size: 1 Capsule | Servings Per Container 60**

Amount Per Serving		%DV
Magnesium (as Mg Glycinate)	200mg	48%

Other ingredients: Vegetable Capsule (Hyppromellose), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.