

PRODUCT DATA SHEET

Magnesium Citramate



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Our best absorbed form of magnesium*

- Magnesium deficiency is common in the American diet
- Magnesium supplementation benefits energy production, cardiac function, carbohydrate metabolism, and pulmonary function*
- Citrate and malate chelates enhance Krebs cycle function and energy production
- Supports optimal muscle function*

MAGNESIUM CITRAMATE

S u p p l e m e n t F a c t s		
Serving Size: One Capsule		
Servings Per Container: 90		
Each Capsule Contains:		% DV
Magnesium (as Magnesium Citrate-Malate)	150 mg	38%
Daily Value (DV)		

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

90 Vegetarian Capsules
Code: M272

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 1 capsule one to three times daily or as recommended by a health-care practitioner.

Additional Notes

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

There are no known adverse interactions or contraindications at publication date.

Additional Warnings

Gas, bloating, or diarrhea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolves when the amount is reduced.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.