

Suggested Use: Adults take 2-4 capsules 30-60 minutes before bed.

Warning: Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding, or taking prescription medication. Do not use if seal is broken or missing. Store in a cool, dry place, and keep out of the reach of children.

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

LOT: 5002 EXP: 09/2016



DAILY ESSENTIALS

MAGNESIUM

90 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

serving size: 1 capsule

servings per container: 90

	amt. per serving	% daily value
Magnesium (as bisglycinate aspartate, gluconate)	100mg	25%

Other Ingredients: gelatin, stearic acid, organic vegetable culture, magnesium stearate

MADE IN



U. S. A.

Distributed by:

The Better Body Brand

Ogdensburg, NY 13669

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