

MAGNESIUM

Magnesium is the fourth most abundant mineral in the body, is essential to good health, and helps support a healthy immune system and sleep patterns.



EVENING PACK

- Promotes a healthy heart rhythm
- Helps to stimulate and preserve bone structure
- Critical for protein synthesis and nail growth

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value	
Magnesium (from Magnesium Oxide)	250 mg	60%

* Daily Value not established

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of the body's total magnesium content is found in our bones. The other 50% is found predominantly inside the cells of our body tissues and organs. Magnesium helps maintain normal muscle and nerve function, keeps heart rhythms steady, supports a healthy immune system and keeps bones strong. Magnesium also helps regulate healthy blood sugar and blood pressure levels and is known to be involved in energy metabolism and protein synthesis.*

**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.*

