DIRECTIONS: Take 2 capsules a day, or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE. 🗲 ѕшүсн

MAGNESIUM COMPLEX

MUSCLE, BONE & HEART SUPPORT †

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving %D

Magnesium Complex
500 mg
119%

Magnesium Hydroxide (Aquamin""), Magnesium
Magnesium Glycinate, Magnesium Oxide, Magnesium Citrate.
Note that the second seco

**Daily Value (DV) not established.

Other Ingredients: Cellulose, Vegetable Stearate. Aquamin[™] is a registered trademark of Marigot Ltd. of Cork Ireland.

Manufactured by: SWYCH, LLC | Sarasota, FL | SWYCH.com

ITEM #: NS3045 | LOT #: 250217 | BEST BY: 2/28/28





