



BACK TO THE BOOK
NUTRITION

MAGNESIUM GLYCINATE COMPLEX

DIETARY SUPPLEMENT

100 CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule	% Daily Value	
Magnesium (TRAACS® magnesium bisglycinate chelate, magnesium oxide*)	100 mg	25%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

*Albion® Laboratories

Manufactured for:
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Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

Suggested Use: 1 capsule 1 to 3 times daily. Capsules may be pulled apart and nutrients taken separately.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. **KEEP OUT OF REACH OF CHILDREN.**

This product was made in a GMP and ISO 9001:2008 registered facility.

