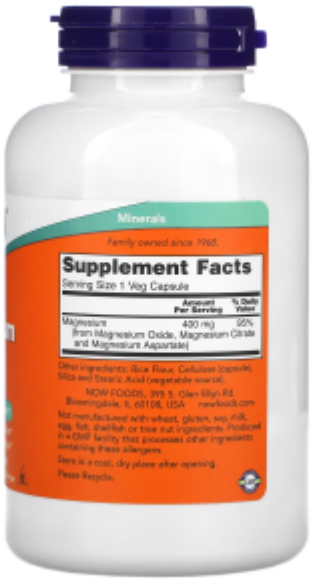
NOW Foods, Magnesium Caps, 400 mg, 180 Veg Capsules





Description

- Nervous System Support
- Supports Energy Production
- Critical for Enzyme Function
- Non-GMO
- A Dietary Supplement
- Vegetarian / Vegan
- Kosher
- Minerals
- Family Owned Since 1968
- GMP Quality Assured

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. It is a required cofactor for an estimated 300 enzymes. Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism. Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.

Suggested use

Take 1 capsule daily.

Other ingredients

Rice flour cellulose (capsule), silica and stearic acid (vegetable source).

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Warnings

Store in a cool, dry place after opening.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Supplement Facts		
Serving Size: 1 Veg Capsule		
	Amount Per Serving	**%Daily Value**
Magnesium (from Magnesium Oxide, Magnesium Citrate and Magnesium Aspartate)	400 mg	95%

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Last update: **2023/07/13 00:17**