Metagenics

Mag Citrate

Healthy Muscle Function

Mag Citrate is a blend of magnesium citrate and calcium citrate that provides nutritional support for healthy muscle function. Magnesium is a cofactor in many enzymatic reactions. It also plays a role in bone health.

Why Mag Citrate?

- Supports muscle contraction and relaxation responses during rest or vigorous activity, and may help to prevent nocturnal leg muscle cramps
- Supports healthy bone structure

Form: 120 Tablets
Serving Size: 3 Tablets

Ingredient:	Amount Per Serving
Calcium (as calcium citrate)	60 mg
Magnesium (as magnesium citrate)	300 mg

Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), and coating (hypromellose, mediumchain triglycerides, and hydroxypropylcellulose).

Directions: Take three tablets once daily or as directed by your healthcare practitioner.

This product is non-GMO gluten-free and vegetarian.

Warning: To be taken in the dose as prescribed by a healthcare practitioner. If loose stools occur stop use and notify your healthcare practitioner.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.