

Suggested Use: Adults take 2 capsules any time of day with food and a beverage.

Supplement Facts

Serving size 2 capsules

Amount per serving	% Daily Value
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Magnesium (as magnesium malate, magnesium citrate, magnesium glycinate) 300 mg	71%
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Organic spinach leaf 50 mg	**
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**Daily Value not established

Other Ingredients: Hypromellose, silicon dioxide, ascorbyl palmitate, rice hull concentrate.

