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# Magnesium Caplets 500 mg

**Uses:** as a dietary supplement. Helps support healthy bones.\*

**Directions:** Adults: take 1 caplet daily preferably with a meal.

## Supplement Facts

Serving Size 1 Caplet

Amount Per Caplet		% Daily Value
Magnesium (as magnesium oxide)	500 mg	125%

**Other ingredients:** vegetable cellulose, dicalcium phosphate, citric acid, vegetable magnesium stearate, titanium dioxide color.

**Warnings:** Ask a doctor or pharmacist before use if you are taking any medications. Stop use and ask a doctor if any side effects occur.

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep out of reach of children.**

**Store** in a cool, dry place.

**Safety sealed:** do not use if the imprinted seal under the cap is broken or missing.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Distributed by:** Weeks & Leo Co., Inc. Tel: (515) 276-1586

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