

Magnesium 500



Medically, Magnesium oxide is commonly used as a nutritional supplement, a laxative, as an antacid and for the relief of heartburn.

Side effects may include nausea and cramping. Long term use may produce other, more serious side effects.

Magnesium is an extremely important mineral involved in many very important enzymatic pathways. It is involved in energy metabolism, inhibits platelet aggregation, dilates blood vessels, has anti-spasmodic on all muscle tissue types, and enhances immune function. It is one of the nutrients found to be deficient in our daily diets.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 500 mg Magnesium (from Magnesium Oxide)

Other Ingredients: Microcrystalline cellulose, Magnesium stearate, Gelatin.

Suggested Use: One capsule a day or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

How **Magnesium 500** is Supplied:
VMMM500 bottles of 100 capsules



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*