

As a dietary supplement, take 2 tablets daily or as directed by your physician. Tablets should be swallowed whole. Each tablet supplies 64 mg magnesium.

Keep out of the reach of children. Store in a dry location at 59° to 77° F (15° to 25° C).

Important: Do not use if imprinted seal under cap is broken.

Store tablets in original container with desiccant, and close cap tightly after each use. Do not repackage.