



Item# 21210 - 60 Tablets

ULTIMATE OSTEO-MAG™

Magnesium, a major mineral essential to life, is involved in more than 300 enzyme systems in the human body. It is in most foods, but is found mostly in green leafy vegetables. The USDA says we aren't getting enough fruits and vegetables in our diet. Refined foods make up most of our diet, and generally have the lowest magnesium content. Magnesium promotes optimal health and wellness*.

Supplement Facts

Serving Size: 1 Tablet Servings per Container: 60

Amount per Serving		% Daily Value*
Thiamin (as thiamin mononitrate)	25 mg	1666%
Riboflavin (as riboflavin)	25 mg	1470%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1666%
Biotin	300 mcg	100%
Pantothenic Acid (from calcium pantothenate)	25 mg	250%
Magnesium (from magnesium glycinate)	200 mg	50%
Choline (from choline bitartrate)	25 mg	**
Inositol	25 mg	**

* % Daily Value based on a 2,000 calorie diet for adults and children over 4 years of age

** Daily Value not established

Other Ingredients: Vegetable Stearate, Cellulose, Cellulose Gum, Vegetable Stearate, Silica and Aqueous Cellulose Coating with Vanillin.