

Magnesium Oxide Powder

1 kilogram

Item Catalog Number: 00057

Magnesium oxide is usable as a source of supplemental magnesium or as a buffering agent to reduce the acidity of ascorbic acid or niacin. Magnesium oxide in large doses has a laxative effect.^{58,59}

References

Supplement Facts

Serving Size 1/8 rounded teaspoon

Amount Per Serving

Magnesium oxide

567 mg

Supplying elemental magnesium

340 mg

This product contains NO sugar, yeast, wheat, gluten, corn, soy or dairy. Contains NO artificial color, sweeteners, flavors or preservatives.

Dosage and Use

- 1/8 rounded teaspoon daily in juice or other beverage or with acidic vitamins is suggested.
- This product is best utilized when taken in divided doses with or without meals.
- Reduce dosage if an unwanted laxative effect occurs.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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