

Relax your mind and support your body with magnesium and L-theanine.***

Two complementary ingredients come together for the first time.® Country Life is proud to be the first to offer a 2 in 1 combination of Magnesium Citrate and L-Theanine in a liquid absorbable form for easy digestion.**** A 1-ounce dosage is all that is needed.

Support your Body with Magnesium***

It is estimated that 1 in 2 Americans have inadequate dietary intakes of Magnesium, the fourth most abundant mineral in the body. Magnesium is needed for more than 300 biochemical reactions in the body and is essential to good health.*** Magnesium also helps maintain normal muscle and nerve function, keep heart rhythm steady, support a healthy immune system, support energy production, support cardiovascular function, relax your muscles, and keep your bones strong.***

Relax your Mind with L-Theanine***

In combination with L-Theanine, this product also helps with relaxation and mental calmness.*** Country Life uses only Suntheanine®, a form of L-theanine with over 50 studies and patents.

Country Life's Lavender Vanilla Magnesium Citrate + L-Theanine is a delicious, and sugar free liquid alternative to swallowing pills and tablets.

^Suntheanine® is a registered trademark of Taiyo International, Inc. Use of Suntheanine® is protected by U.S. Trademark Registration No. 2,548,957. US and International Patents Pending. U.S. Patent Nos. 6,831,103; 6,589,566.

°Based on SPINSScan Natural, 52 Weeks ending 3/25/18.

*** 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.



YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER

NO YEAST, WHEAT OR SOY
NO MILK, SALT OR SUGAR
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL SWEETENERS
NO MAGNESIUM STEARATE



Dietary Supplement
32 FL. OZ. (1 QT.) (944 mL)

LIQUID

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
Country
Life

• FULLY-REACTED •

MAGNESIUM
CITRATE
+ L-THEANINE
400 mg
Certified Gluten-Free

Supports Magnesium levels***
Promotes relaxation and mental calmness***
Sugar free

LAVENDER VANILLA
FLAVOR

With
100 mg
Suntheanine®

Directions: Adults take one cap (1 fl. oz.)(29.5 mL) daily or as directed by a health care professional. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts		
Serving Size 1 fl. oz. (29.5 mL)		
Servings Per Container about 32		
Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%*
Magnesium (as magnesium citrate)†	400 mg	100%
Suntheanine® L-Theanine^	100 mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		

Other Ingredients: Purified water, natural vegetable glycerin, natural lavender flavor, natural vanilla flavor, citric acid, xanthan gum, sodium benzoate (preservative), potassium sorbate (preservative), organic stevia extract (rebaudioside A).

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store between 59°-86° F until opened. Refrigerate after opening and use within 45 days. Shake well before use. Take only as directed. Do not exceed recommended dose. Keep out of the reach of children.

See container for lot number and best by date.

This product has been manufactured at a GMP Registered facility.

Manufactured for Country Life, LLC
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Product No. 2689