



calm zone[®] magnesium

350mg

mineral

net wt. 16.3 oz. (463.3 g)
dietary supplement

a relaxation drink[✓]

balances calcium intake[✓]

energy production[✓]

regularity[✓]

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 1 Scoop (4.1 g)
Serving Per Container About 113

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrates	2 g	1% [†]
Magnesium (as magnesium carbonate)	350 mg	80%

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Citric Acid.

Does not contain: Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Start with one (1) scoop (or less) daily and gradually increase to three (3) scoops (or more, as needed). Place powder in a glass or mug, add 2-3 oz. of hot water. Let it fizz, then stir until dissolved. Fill with warm or cold water.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

✓ **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.**

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.
TAMPER EVIDENT Do not use if outer seal is broken or missing.

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