

swanson.com

or call 1-800-437-4148

- Supports relaxation, mood and helps combat stress
- Restores healthy magnesium levels
- Promotes muscle, bone and nervous system health

Science-Backed Quality Since 1969

Directions: Mix one rounded scoop (4.8 g) in 8 oz of cold water once per day. Adjust the amount of water as needed to achieve desired flavor intensity.

NOTE: Product contains a desiccant packet to maintain freshness. Do not eat the desiccant packet.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Mellow Mag

Nature's Calming Magnesium Supplement

Muscle and Bone Health

RASPBERRY LEMONADE FLAVOR

MINERAL SUPPLEMENT | NET WT 19 OZ (1 LB 3 OZ) (543 G)

Supplement Facts

Serving Size 1 Rounded Scoop
(4.8 g)

Servings Per Container 113

Amount Per Serving		% Daily Value
Magnesium	330 mg	79%
Sodium	10 mg	0%

Ingredients: Citric acid, malic acid, magnesium carbonate, natural flavors, stevia blend, sodium chloride.

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