

**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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Rev 0 02 28 18

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