

NATURE'S LAB MAGNESIUM SOOTHE

Supports Distribution and Utilization of Calcium†

1. Formulated to avoid excess dietary calcium depleting the body's vital magnesium supply and to avoid symptoms associated with low magnesium and high calcium levels.†

2. This premium formulation includes nutritional cofactors to facilitate the assimilation, distribution, and utilization of calcium.†

3. Magnesium Soothe is ideal for those with active lifestyles. Magnesium may aid in preventing muscle cramping and the reduction of lactic acid build up.†

- Great Taste (Refreshing Raspberry-Lemon Flavor)
- 350 mg of Magnesium
- 50 mg of L-Theanine
- No Artificial Colors
- No Artificial Flavors
- Non GMO

Warning: Pregnant or lactating women and people with known medical conditions and / or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

† 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.

RASPBERRY
LEMON
DRINK MIX



Nature's Lab™

MAGNESIUM SOOTHE

350 MG OF MAGNESIUM PER SERVING

PROMOTES BALANCED CALCIUM LEVELS†



16.5 OZ (463G)

D I E T A R Y S U P P L E M E N T

Supplement Facts

Serving Size: 4.6 g (1 rounded tsp)
Servings per container: 100

Amount per serving %DV		
Magnesium (as magnesium citrate, magnesium carbonate)	350 mg	87%
L-Theanine	50 mg	*

* Daily Value not established

Other Ingredients: Ionic magnesium citrate (created from a proprietary blend of citric acid and magnesium carbonate), natural flavor, and stevia extract.

Free of: Sugar, dairy, eggs, peanuts, tree nuts, fish, shellfish, yeast, wheat, gluten, corn, soy, preservatives, titanium dioxide, artificial colors and flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

Manufactured for Nature's Lab
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Suggested Use: Take 1-1.5 rounded teaspoons twice per day at any time, at least 5 hours apart

Individual needs may vary. Start with 1 rounded teaspoon daily and gradually increase to 1.5 rounded teaspoons twice daily. When bowels are comfortably loose, this is an optimum amount. Some people may need to start with a half teaspoon only and gradually work up to higher amounts.

Directions: Place powder in an 8oz glass and add 2-3 oz of hot water. Let it fizz, then stir until dissolved. Fill with warm or cold water and enjoy. You can also simply add Magnesium Soothe to glass or bottle of cold water.

Visit www.natureslab.com to learn more.

