

NUTRINA[®] DIETARY SUPPLEMENT

MTM SUPER Mag

Makes an
INSTANT
MAGNESIUM
beverage

NET WEIGHT: 7 oz (198 g)

INFORMATION: Magnesium is the fourth most abundant mineral in the body. It is needed for more than 300 biochemical reactions, including for normal muscle and nerve function. It keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium promotes normal blood pressure, helps regulate blood sugar levels, and is involved in energy metabolism.*

SUGGESTED USE: Two teaspoons daily. Magnesium is a natural laxative that can cause loose bowels. If diarrhea occurs, reduce the dosage.

DIRECTIONS: Put two teaspoons of the powder in a cup and fill 1/2 to 1/3 with boiling water. Stir until the liquid is clear. Fill remainder of glass with cold water or some juice, such as apple juice. Or, if you prefer, you can add some more hot water and an herbal tea bag. Keep container tightly closed in a cool, dry place, out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

QUALITY GUARANTEE: Contains no artificial colors, flavors, preservatives or other chemical additives. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product does not contain any of the eight major food allergens (see www.fda.gov).

* 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.

Supplement Facts

Serving Size 2 teaspoons (5 grams)

Servings Per Container 39

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	250 mg	417%
Magnesium (from magnesium gluconate, magnesium aspartate, magnesium carbonate, magnesium citrate)	400 mg	100%

OTHER INGREDIENTS: Citric acid.

Distributed by: Nutrina Company, Inc.
Clearwater, FL 33765 • Made in the USA
www.Nutrina.com

