

**FOR OPTIMAL DAILY NUTRITION:** Take 1 to 3 tablets daily or as needed. Because it is food, it can be taken anytime with or without food.

Magnesium from whole food sources is essential for the many who have deficiencies.

This product does not contain any wheat, artificial sweeteners, sucrose, alcohol, MSG, yeast, gluten, salt, dairy, corn, egg, coloring, stabilizers, maltodextrins, any other artificial ingredients, or pesticides. NON-GMO. Many blessings, health and happiness.

*Catie*

Formulated and distributed with Love by:

*Energy Essentials™*

For questions, call Customer Service: (888) 459-1597  
www.energyessentials.com



## Supplement Facts

Serving Size 1 Tablet

| Amount per Serving                                                                            | % Daily Value |
|-----------------------------------------------------------------------------------------------|---------------|
| Magnesium (from 1000 mg FoodBite®)                                                            | 50 mg 12      |
| <b>Other Ingredients:</b> Vegetable Lubricant, Silica, Guar Gum, Lecithin, Rutin, Food Glaze. |               |
| <b>Additional Nutrients:</b>                                                                  |               |
| Kelp & Dulse (Contains Trace Minerals)                                                        | 20 mg         |
| Rice Bran                                                                                     | 145 mg        |

### Additional Nutrients: