



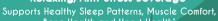


IONIC-FIZZ™

Magnesium Plus[™]



Relaxing, Anti-Stress Beverage*







Supplement Facts

Serving Size: 1 Scoop (5.7 g) Servings Per Container: 60

Amount Po	or Soi	nina	%DV
Amount P	er sei	rving	70 DV
Vitamin A (as beta carotene) (150 mcg)	250	IU	17%
Vitamin C (as ascorbic acid)	250	mg	278%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (2.5 mcg)	100	IU	13%
Vitamin B6 (as pyridoxine HCI)	1	mg	59%
Folate (as Quatrefolic® (6S)-5- Methyltetrahydrofolic acid, glucosamine salt)	50	mcg	13%
Vitamin B12 (as methylcobalamin)	30	mcg	1250%
Magnesium (from Magnesium carbonate)	300	mg	71%
Zinc (as Zinc lactate)	2	mg	18%
Copper (from Copper gluconate)	0.25	mg	28%
Manganese (from Manganese gluconate)	1	mg	43%
Potassium (from Potassium bicarbonate)	100	mg	2%

Amount I	Per Serving	%DV
Bamboo extract (stem and leaf)	60 mg	*
Beet root powder	25 mg	*
Ionic Sea Minerals	10 mg	*
Roron (from Roron citrate)	500 mca	*

^{*}Daily Value (DV) not established.

Other Ingredients: citric acid, fructooligosaccharides. natural raspberry fruit powder (flavor), natural raspberry (flavor), stevia leaf extract, lo han extract (fruit), natural lemon fruit powder (flavor), natural lime powder (flavor), natural lemon (flavor), natural lime (flavor), natural berry acai (flavor)

Quatrefolic® is a registered trademark of Gnosis.

Formulated & Distributed By Pure Essence Laboratories, Inc. P.O. Box 95397, Las Vegas, NV 89193 PureEssenceLabs.com • @2003 All Rights Reserved

While Magnesium is involved in hundreds of functions in the body, 80% of Americans get less than the government's recommended DV for this miracle mineral. Among countless other things. Magnesium:

- ✓ Supports a healthy stress response* ✓ Soothes nerves & supports healthy sleep
- patterns* ✓ Helps produce sustainable energy* ✓ Supports heart & bone health & healthy
- blood sugar levels*
- ✓ Supports muscle comfort when cramping*

cure or prevent any disease.

Ionic-Fizz™ Magnesium Plus™ provides 300mg of ionic magnesium in its most absorbable form PLUS 13 other vital nutrients and 72 trace minerals that help it do its many jobs. This award winning beverage powder is simply delicious for both your taste buds and your health.

Those statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat.

Suggested Use: (1) scoop daily (an hour before bed if used to support sleep). Stir in warm or cold water or your favorite beverage.

Storage: Keep closed in

a cool, dry place.

Caution: Keep all children's reach. Not intended for use during

Does NOT Contain: gluten, wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish









