



## DAVID PERLMUTTER, M.D.

Formulated by America's Brain-Health Expert, a Board-Certified Neurologist, #1 *New York Times* best-selling author, Fellow of the American College of Nutrition, and expert in the human MICROBIOME.

**Dr. Formulated Whole Food Magnesium** powder is a delicious, fizzy drink that will help calm and relax you, leading to a good night's sleep, while restoring your body's optimal magnesium levels.<sup>†</sup>

**Dr. Formulated Whole Food Magnesium** features *Organic Brown Rice Protein Magnesium Chelate* as well as live probiotics to support healthy digestion and occasional constipation.<sup>†</sup>



GLUTEN FREE • SUGAR FREE

**Distributed by Garden of Life LLC**  
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA  
Made in the U.S.A. from foods grown in the U.S.A. and other countries.  
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<sup>†</sup> 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.



# Dr. Formulated

# WHOLE FOOD MAGNESIUM

ANTI-STRESS + CALM + REGULARITY<sup>†</sup>



## RASPBERRY LEMON



Net Wt 7 oz (198.4 g)

WHOLE FOOD DIETARY SUPPLEMENT

**Suggested Use:** Add 8 ounces of room temperature water to 1 teaspoon of powder. Let fizz, stir well and enjoy.

## Supplement Facts

Serving Size 1 Teaspoon (5g)  
Servings Per Container Approximately 40

|                                                                                                                       | Amount Per Serving | % Daily Value   |
|-----------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|
| Calories                                                                                                              | 8                  |                 |
| Total Fat                                                                                                             | 0 g                | 0% <sup>1</sup> |
| Sodium                                                                                                                | 120 mg             | 5%              |
| Total Carbohydrate                                                                                                    | 2 g                | 1% <sup>1</sup> |
| Total Sugars                                                                                                          | 0 g                | +               |
| Includes 0g Added Sugars                                                                                              |                    | 0% <sup>1</sup> |
| Magnesium*                                                                                                            | 350 mg             | 85%             |
| <b>Dr. Formulated Probiotic Blend</b>                                                                                 | 3.5 mg             | +               |
| [ <i>Lactobacillus plantarum</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus acidophilus</i> ] 1 Billion CFU |                    |                 |

<sup>1</sup> Percent Daily Values are based on a 2,000 calorie diet.  
+Daily Value not established.

**Ingredients:** Ionic Magnesium Fizz Blend (Non-GMO Citric Acid, Magnesium Carbonate and Sodium Bicarbonate), Organic Brown Rice Protein Magnesium Chelate, Organic Raspberry Flavor, Organic Lemon Flavor, Organic Stevia Extract (leaf), *Lactobacillus plantarum*, *Lactobacillus bulgaricus*, *Lactobacillus acidophilus*.

**\*Made with a proprietary blend of ionic magnesium and whole food organic brown rice protein chelated magnesium.**

**CAUTION:** As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. Use with children under supervision after consultation with your child's healthcare professional. This product is not intended to treat chronic constipation, which may be a symptom of a serious disease.

Made without dairy or soy ingredients, tree nuts, added sugars or filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes egg, milk, soy, wheat and tree nuts.

**Keep out of reach of children.**

Store in a cool, dry place. Do not use if safety seal is broken or missing. Packaged by weight not volume. Settling may occur.



We Buy 100% Certified Renewable Energy



Recyclable Bottle

Certified



Corporation

