

Suggested Use: Add ½ teaspoon (2.5 ml) to 4 oz of water and drink in one sitting, or add to liter water bottle and drink throughout the day. You can also add to juice or smoothie to mask the mineral taste. For best results take 2 or more servings per day or as directed by a healthcare provider. Take with or without food.

Our Ionic Magnesium is pure ionically charged magnesium chloride. We perform a 12-step purification to achieve perfect purity, picometer-range particle size, and a 60,000 parts per million concentration. This form of magnesium is in its highest energetic-state and maintains its natural electromagnetic charge, allowing it to bond easily and be absorbed by the cells and body.†

Magnesium is an essential mineral that plays a role in over 1000 biological processes and biochemical reactions. Magnesium ions play a vital role in energy production, nerve and muscle function, immunity, bone and tooth formation, heart and circulatory function, digestion, sleep, overall mood, and much more. †

† 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.

For condition-specific and personalized dosing guidance
Visit TriquetraHealth.com/Mineral-Dosing

**Certified
VEGAN**



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**TRIQUETRA
HEALTH™**

IONIC MAGNESIUM

Earth-Sourced | Picometer-Concentrate

- Energy*
- Muscle Function*
- Nervous System*
- Sleep & Mood*
- Digestion*

12

Mg

Magnesium

8 fl. oz. (240 ml)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: ½ tsp (2.5 ml)
Servings Per Container: 96

Amount Per Serving:		%DV
Magnesium (from Magnesium Chloride)	150 mg	42.5%

% Percent Daily Values are based on a 2000 calorie diet.

Other Ingredient: Ultra Pure Water, Fulvic Acid, Sorbic Acid

Distributed by: Triquetra Health LLC™
Lithia, FL 33547

www.triquetrahealth.com

Keep this product out of reach of children.

