



DOCTOR
FORMULATED

RESEAL
HERE

MegaFood®

RELAX + CALM*
MAGNESIUM

CITRATE | MALATE



SOFT CHEWS
GRAPE FLAVOR
WITH OTHER NATURAL FLAVORS

MINERAL
DIETARY SUPPLEMENT

30 INDIVIDUALLY WRAPPED
SOFT CHEWS • 15 SERVINGS

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Reseal for
Optimal
FRESHNESS

MegaFood®

MegaFood Relax + Calm* Magnesium Chews contain a highly absorbable magnesium combination of citrate and malate. Each chew is individually wrapped for convenience and offers a great-tasting alternative to tablets. These chews may ease muscle tension and promote a sense of calm and relaxation.*



To learn about our seals, please visit megafood.com/standards.

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If pregnant, nursing, or you have a health condition, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Tieraona Low Dog, M.D., our Chief Medical Advisor, award-winning physician and expert in dietary supplementation, worked with our team to help formulate this combination of magnesium to be gentle and effective.

Suggested Use: 2 soft chews daily. May be taken anytime throughout the day.

Supplement Facts

Serving Size 2 Soft Chews Servings per Container 15

Amount Per Serving	% DV
Calories 35	
Total Fat <1 g	1%*
Total Carbohydrate 9 g	3%*
Dietary Fiber 1 g	4%*
Total Sugars 3 g	**
Includes 3 g Added Sugars	6%*

Magnesium
(as magnesium citrate & magnesium malate) 250 mg 60%

** % Daily Value (DV) not established

* % Daily Value (DV) based on a 2,000 calorie diet

Other Ingredients: Organic rice syrup, organic raw cane sugar, inulin, palm oil[†], natural flavors, sunflower lecithin, citric acid, fruit and vegetable juice for color, glycerin, rosemary leaf extract (to preserve freshness).

Made for MegaFood, PO Box 5244, Manchester, NH 03108 USA
800.848.2542 / megafood.com

[†]Sustainably sourced and certified by the Roundtable of Sustainable Palm Oil (RSPO)



REV: 2 10/20