

Suggested Use: Mix 1 level scoop with 4-6 oz. of water daily. May be taken anytime throughout the day.

Supplement Facts

Serving Size: 1 Level Scoop (4 g)
Servings per Container: 50

	Amount per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1%*
Magnesium (as magnesium citrate, dimagnesium malate, and magnesium bisglycinate chelate)	300 mg	71%

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

Other Ingredients: Maltodextrin, Citric Acid, Natural Flavors, Monk Fruit Extract (*Siraitia grosvenorii*).

Made for MegaFood, PO Box 5244, Manchester, NH 03108 USA
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Keep out of reach of children / Store tightly sealed in a cool dry place

MegaFood Relax + Calm* Magnesium Powder contains a highly absorbable magnesium combination of citrate, malate, and glycinate. Each serving offers a great-tasting alternative to tablets and may ease muscle tension and promote a sense of calm and relaxation.*



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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.*

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

*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.

Lot#: 60171001

Best
Before: Dec 2021



REV: 1 04/20



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

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MegaFood®
RELAX + CALM*
MAGNESIUM
CITRATE | MALATE | GLYCINATE

**RASPBERRY
LEMONADE**

**FLAVORED WITH OTHER
NATURAL FLAVORS**



**50
SERVINGS**

**Net Wt. 200 g
(7.05 oz)**

POWDER DIETARY SUPPLEMENT

ACTUAL FILL