

- + featuring PharmaGABA® + L-Theanine
- + helps soothe daily stress\*
- + promotes a state of relaxation\*
- + excellent source of magnesium

This delightful-tasting effervescent drink mix is designed to promote calmness and relaxation.\* One serving supplies 300 mg of highly absorbable magnesium and provides a unique combination of anti-stress nutrients: GABA and L-Theanine.\* This formula is ideally taken on an empty stomach at bedtime, but can be used anytime (day or night) to help soothe the effects of stress.\*



# relax

## magnesium powder

**berry**

| stress formula + L-Theanine

**Net Wt. 4.4 oz (126 g)** dietary supplement

**Suggested Use:** Mix one (1) rounded scoop with 4 oz. of hot water. Stir until dissolved. Then add another 2-4 oz. of cold or warm water. Drink.

## Supplement Facts

Serving Size: One rounded scoop (6 g)  
Servings Per Container: 21 (by weight)

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Citrate reacted from Magnesium Carbonate and Citric Acid)	300 mg	70%
GABA (as PharmaGABA®)	100 mg	**
L-Theanine	100 mg	**
**Daily Value not established		

**Other Ingredients:** L-glycine, xylitol, natural raspberry flavor, stevia (leaf) extract.

PharmaGABA® is a registered trademark of Pharma Foods International, Ltd. (Japan)

This product is manufactured in a facility that processes fish extracts.

**Usage Warnings:** Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.

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\*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.



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