



FILLED TO



6.03 OZ (171 G) | 30 SERVINGS



IONIC-FIZZ™

Magnesium Plus™

Relaxing, Anti-Stress Beverage Mix*

Supports Healthy Sleep Patterns, Muscle Comfort,
Bone Health and Heart Health*

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (5.7 g)

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (250 IU)	150 mcg	17%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (100 IU)	2.5 mcg	13%
Vitamin B6 (as pyridoxine HCl)	1 mg	59%
Folate (as L-5-Methyltetrahydrofolate)	50 mcg	13%
Vitamin B12 (as methylcobalamin)	30 mcg	1250%
Magnesium (from Magnesium carbonate)	300 mg	71%
Zinc (as Zinc lactate)	2 mg	18%
Copper (from Copper gluconate)	0.25 mg	28%

	Amount Per Serving	%DV
Manganese (from Manganese gluconate)	1 mg	43%
Potassium (from Potassium bicarbonate)	100 mg	2%
Bamboo extract (stem and leaf)	60 mg	*
Beet root powder	25 mg	*
Ionic Sea Minerals	10 mg	*
Boron (from Boron citrate)	500 mcg	*

*Daily Value (DV) not established.

Other Ingredients: citric acid, fructooligosaccharides, natural raspberry fruit powder (flavor), natural raspberry (flavor), stevia leaf extract, lo han extract (fruit), natural lemon fruit powder (flavor), natural lime powder (flavor), natural lemon (flavor), natural lime (flavor), natural berry acai (flavor)

Formulated & Distributed By

Pure Essence Laboratories, Inc., P.O. Box 95397, Las Vegas, NV 89193

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While Magnesium is involved in hundreds of functions in the body, 80% of Americans get less than the government's recommended DV for this miracle mineral. Among countless other things, Magnesium:

- ✓ Supports a healthy stress response*
- ✓ Soothes nerves & supports healthy sleep patterns*
- ✓ Helps produce sustainable energy*
- ✓ Supports heart & bone health & healthy blood sugar levels*
- ✓ Supports muscle comfort when cramping*

Ionic-Fizz™ Magnesium Plus™ provides 300mg of ionic magnesium in its most absorbable form PLUS 13 other vital nutrients and 72 trace minerals that help it do its many jobs. This award winning beverage powder is simply delicious for both your taste buds and your health.

* 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.

Suggested Use: (1) scoop daily (an hour before bed if used to support sleep). Stir in warm or cold water or your favorite beverage.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach. Not intended for use during pregnancy.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish



EXPIRATION & LOT #

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