



FILLED TO



IONIC-FIZZ™

# Magnesium Plus™

**Relaxing, Anti-Stress Beverage Mix\***Supports Healthy Sleep Patterns, Muscle Comfort,  
Bone Health and Heart Health\*

12.06 OZ (342 G) | 60 SERVINGS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Scoop (5.7 g)

Servings Per Container: 60

|                                                           | 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%   |
| Manganese (from Manganese gluconate)                      | 1 mg               | 43%   |
| Potassium (from Potassium bicarbonate)                    | 100 mg             | 2%    |

|                                | Amount Per Serving | %DV |
|--------------------------------|--------------------|-----|
| Bamboo extract (stem and leaf) | 60 mg              | *   |
| Ionic Sea Minerals             | 10 mg              | *   |
| Beet root powder               | 8 mg               | *   |
| Grape skin extract             | 7 mg               | *   |
| Boron (from Boron citrate)     | 500 mcg            | *   |

\*Daily Value (DV) not established.

**Other Ingredients:** citric acid, fructooligosaccharides, stevia leaf extract, natural grape (flavor), natural strawberry (flavor), lo han extract (fruit), natural raspberry fruit powder (flavor), natural berry acai (flavor), natural mixed berry (flavor)Formulated & Distributed By  
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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 &amp; LOT #

1-800-500-0110