

Suggested Usage: Add 1 slightly rounded scoop (4 g) to 2-3 oz of hot/warm water, let fizz and dissolve before adding 2-3 oz more of cold water and enjoy. Start with half a scoop (2 g) daily and gradually increase to 1 scoop (4 g) per day as needed or as directed by your qualified healthcare provider.

PROMOTES MUSCLE RELAXATION & RECOVERY**

MAY HELP EASE STRESS & IMPROVE SLEEP**

**WITH IONIC MAGNESIUM CITRATE & SEA MAGNESIUM
TO REFRESH HEALTHY MAGNESIUM LEVELS****

**** 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.**

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NUTRITION

RELAX-ALL[®] MAGNESIUM

HIBISCUS INFUSED YUZU FLAVOR

NET WT 8 OZ (226 G)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 g (1 scoop)

Servings Per Container 56

Amount Per Serving		%Daily Value*
Magnesium	350 mg	80%
(as Magnesium Carbonate and Sea Magnesium)		

*Daily Value not established.

Ingredients: Ionic magnesium citrate (citric acid, magnesium carbonate and sea magnesium), Organic Hibiscus Yuzu Flavor and Organic Stevia Leaf Extract.

Contains no added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

Manufactured for MRM®
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www.mrmnutrition.com • 1-800-948-6296

This product is manufactured in a facility that processes other products that contain milk or egg.

THIS PRODUCT IS PACKAGED BY WEIGHT, NOT VOLUME. LIKE MANY POWDERED FOOD/SUPPLEMENT PRODUCTS THE SIZE OF THIS CONTAINER DOES NOT NECESSARILY DEPICT THE ACTUAL AMOUNT OF PRODUCT WITHIN. UNAVOIDABLE AND SOMETIMES SIGNIFICANT PRODUCT SETTLING MAY OCCUR DURING SHIPPING AND HANDLING.