

Effervescent Magnesium Powder Supplement for Optimal Health†

Magnesium is an essential mineral required for optimal health.† Over half of the body's magnesium is stored in our bones, making it important to replenish this mineral to support bone health throughout life.† Magnesium is also critical for supporting nerve function, controlling muscle and brain activities, and it is often used for its calming abilities.† In addition, magnesium is needed for energy and cardiovascular support.

When combined with water, our **Mag Relax®** forms magnesium citrate with an ionic bond.

This container is filled by weight, not volume and some settling may occur.

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

† 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.



Woodstock
— VITAMINS —

Mag Relax®

SUPPORTS NERVE, BONE, AND
CARDIOVASCULAR HEALTH†



DIETARY SUPPLEMENT

NET WT. 5.6 oz (159 g)

Supplement Facts

Serving Size 10 g (3 Teaspoons)
Servings Per Container: About 16

Amount Per Serving		% Daily Value
Magnesium	615 mg	146%

Ingredients: Citric acid, magnesium carbonate.

Distributed by: Village Vitality LLC
Woodstock, NY 12498
woodstockvitamins.com

SUGGESTED USE: Add 3-4 ounces of warm/hot water to a serving (3 teaspoons) of powder and stir until dissolved. Then add in cold water or a favorite beverage, mix and drink.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN.

VVL 611-8R

