

**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<sup>®</sup> MAGNESIUM

RASPBERRY INFUSED DRAGON FRUIT 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 Raspberry Dragon Fruit 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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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.