

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

UNFLAVORED

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).

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.