



**DOCTOR
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RESEAL
HERE

Reseal for
Optimal
FRESHNESS

MegaFood®

RELAX + CALM® MAGNESIUM

CITRATE | MALATE



SOFT CHEWS
GRAPE FLAVOR
WITH OTHER NATURAL FLAVORS

30 INDIVIDUALLY WRAPPED
SOFT CHEWS • 15 SERVINGS

MINERAL
DIETARY SUPPLEMENT

MegaFood®

MegaFood Relax + Calm® Magnesium Chews contain a highly absorbable magnesium combination of citrate and malate. Each chew is individually wrapped for convenience and offers a great-tasting alternative to tablets. These chews may ease muscle tension and promote a sense of calm and relaxation.*



To learn about our seals, please visit megafood.com/standards.

Keep out of reach of children / Store tightly sealed in a cool dry place

If pregnant, nursing, or you have a health condition, consult your healthcare practitioner before taking this product.

*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.



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Tieraona Low Dog, M.D., our Chief Medical Advisor, award-winning physician and expert in dietary supplementation, worked with our team to help formulate this combination of magnesium to be gentle and effective.

Suggested Use: 2 soft chews daily. May be taken anytime throughout the day.

Supplement Facts

Serving Size 2 Soft Chews
Servings per Container 15

Amount Per Serving	2 Soft Chews	% DV
Calories	35	
Total Fat	<1 g	2%*
Total Carbohydrate	9 g	25%*
Dietary Fiber	1 g	4%*
Total Sugars	3 g	**
Includes 3 g Added Sugars		6%*
Magnesium (as magnesium citrate & magnesium malate)	250 mg	60%

** % Daily Value (DV) not established
* % Daily Value (DV) based on a 2,000 calorie diet

Other Ingredients: Organic Rice Syrup, Organic Raw Cane Sugar, Inulin, Palm Oil, Natural Flavors, Sunflower Lecithin, Citric Acid, Fruit and Vegetable Juice for Color, Glycine.

Made for MegaFood, a Foodstale, Inc. company
Manchester, NH 03103 • 800.848.2542 | megafood.com

(*)Sustainably sourced and certified by the Roundtable of Sustainable Palm Oil (RSPO)

