 **DOCTOR FORMULATED**

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MegaFood[®]
RELAX + CALM[®]
MAGNESIUM
 CITRATE | MALATE | GLYCINATE

**BLACKBERRY
 HIBISCUS OASIS**
 FLAVORED WITH OTHER
 NATURAL FLAVORS



**POWDER DIETARY
SUPPLEMENT**




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

30
(4 g) Single
Serve Packets
NET WT. 120 g
(4.2 oz)

MegaFood Relax + Calm[®] Magnesium Powder contains a highly absorbable magnesium combination of citrate, malate, and glycinate. Each packet offers a great-tasting alternative to tablets and may ease muscle tension and promote a sense of calm and relaxation.*

BEST BEFORE
JUN 2022
LOT 60169001

 **DOCTOR FORMULATED**
 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: Mix 1 packet with 4-6 oz. of water daily. May be taken anytime throughout the day.

Supplement Facts

Serving Size: 1 Single Serve Packet (4 g)
 Servings per Container: 30

	Amount per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1%*
Magnesium (as magnesium citrate, dimagnesium malate, and magnesium bisglycinate chelate)	300 mg	71%
* % Daily Value (DV) based on a 2,000 calorie diet		

Other Ingredients: Maltodextrin, Natural Flavors, Citric Acid, Monk Fruit Extract (*Siphocampylus*).

Made for MegaFood, PO Box 5244, Manchester, NH 03108 • USA
megafood.com • 800.648.2542

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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