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

**RASPBERRY
LEMONADE**
FLAVORED WITH OTHER
NATURAL FLAVORS



POWDER DIETARY
SUPPLEMENT

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SUPPLEMENT



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 60168001

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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: 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 (4g)
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, Citric Acid, Natural Flavors, Monk Fruit Extract (*Siraitia grosvenorii*).
Made for MegaFood, PO Box 5244, Manchester, NH 03108 • USA
megafood.com • 800.848.2542

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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