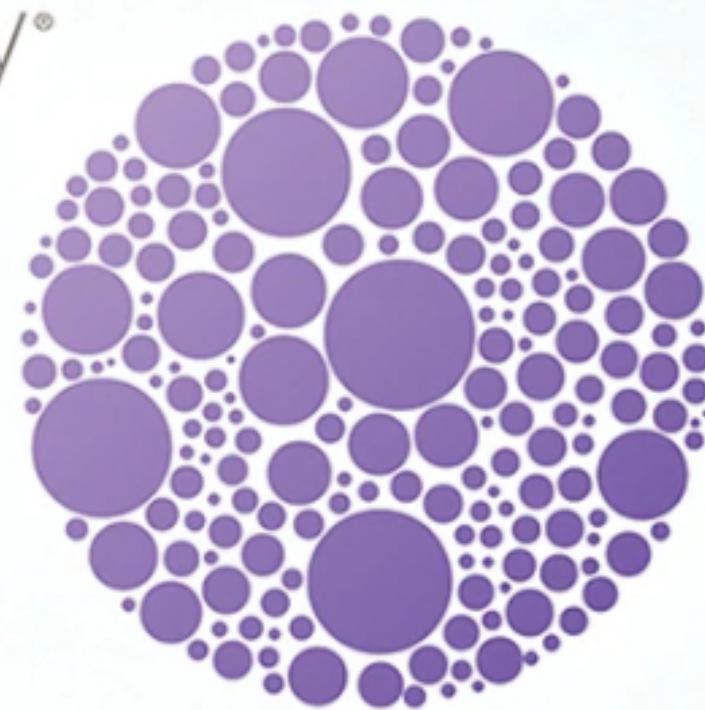


- + excellent source of magnesium
- + helps soothe daily stress*
- + promotes a state of relaxation*
- + works quickly!*

This delightful-tasting effervescent drink mix is designed to promote calmness and relaxation.* One serving supplies 300 mg of highly absorbable magnesium and provides a unique combination of anti-stress nutrients: L-Theanine and GABA.* This formula is ideally taken on an empty stomach at bedtime, but can be used anytime (day or night) to help soothe the effects of stress.*



relax

instant-mix

*calms the mind & counters stress**

15 powder packets 0.21 oz (6 g) each

Net Wt. 3.17 oz (90 g)

dietary supplement

Usage Warnings: Check with your doctor before using this product if you are taking medication or have any medical conditions, including kidney problems. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.

manufactured by:



phone | 1.888.271.8976
web | youtheory.com

Irvine, CA 92618 U.S.A.



*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.

Suggested Use: (Adults) Mix one (1) packet with 4 ounces of hot water. Stir until dissolved. Then add another 2 to 4 ounces of cold or warm water. Drink slowly.

Supplement Facts

Serving Size: 1 packet (6 g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Citrate reacted from Magnesium Carbonate and Citric Acid)	300 mg	71%
GABA (as PharmaGABA®)	100 mg	**
L-Theanine	100 mg	**

**Daily Value not established

Other Ingredients: L-glycine, xylitol, natural raspberry flavor, stevia (leaf) extract.

PharmaGABA is a registered trademark of Pharma Foods International, Ltd. (Japan).

This product is manufactured in a facility that processes fish extracts.