

Relax your mind and support your body with magnesium and L-theanine.\*\*

Two complementary ingredients come together for the first time. Country Life is proud to be the first to offer a 2 in 1 combination of Magnesium Citrate and L-Theanine in a liquid absorbable form for easy digestion. A 1-ounce dosage is all that is needed.

Support your Body with Magnesium\*\*

It is estimated that 1 in 2 Americans have inadequate dietary intakes of Magnesium, the fourth most abundant mineral in the body. Magnesium is needed for more than 300 biochemical reactions in the body and is essential to good health. Magnesium also helps maintain normal muscle and nerve function, keep heart rhythm steady, support a healthy immune system, support energy production, support cardiovascular function, relax your muscles, and keep your bones strong.

Relax your Mind with L-Theanine\*\*

In combination with L-Theanine, this product also helps with relaxation and mental calmness.

Country Life's Lavender Vanilla Magnesium Citrate + L-Theanine is a delicious, and sugar free liquid alternative to swallowing pills and tablets.

Based on SPINScan Natural, 52 Weeks ending 7/12/2020.

This product has been manufactured at a GMP Registered facility.

\*\*\* 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.



- YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
- YES CERTIFIED VEGAN BY THE VOA
- YES RECYCLABLE PACKAGING
- YES MANUFACTURING SUPPORTS WIND POWER
- NO YEAST, WHEAT OR SOY
- NO MILK, SALT OR SUGAR
- NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- NO MAGNESIUM STEARATE



• FULLY-REACTED •  
**MAGNESIUM CITRATE + L-THEANINE**  
400 mg  
Certified Gluten-Free

- Supports magnesium levels\*\*\*
- Promotes relaxation and mental calmness\*\*\*
- Sugar free



Dietary Supplement 32 FL. OZ. (1 QT.) (946 mL) **LIQUID** — Our PLEDGE of INTEGRITY — AUTHENTICITY • CLEANLINESS • FRESHNESS CONSISTENCY • ACCURACY

Directions: Adults take approx. one (1) Capful (1 fl. oz.) (29.5 mL) daily or as directed by a health care professional. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

| Supplement Facts                                          |               |     |
|-----------------------------------------------------------|---------------|-----|
| Serving Size Approx. 1 Capful (1 fl. oz.) (29.5 mL)       |               |     |
| Servings Per Container about 32                           |               |     |
| Amount Per Serving                                        | % Daily Value |     |
| Calories                                                  | 50            |     |
| Total Carbohydrate                                        | 12 g          | 4%* |
| Total Sugars                                              | 0 g           | **  |
| Includes 0 g Added Sugars                                 | 0 g           | *   |
| Sugar Alcohol                                             | 7 g           | **  |
| Magnesium (as magnesium citrate)†                         | 400 mg        | 95% |
| L-Theanine                                                | 100 mg        | **  |
| * Percent Daily Values are based on a 2,000 calorie diet. |               |     |
| ** Daily Value not established.                           |               |     |

Other Ingredients: Purified water, natural vegetable glycerin, natural vanilla flavor, natural lavender flavor, xanthan gum, citric acid, sodium benzoate (preservative), potassium sorbate (preservative), stevia leaf extract.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store between 59°-86° F until opened. Refrigerate after opening and use within 45 days. Shake well before use. Take only as directed. Do not exceed recommended dose. Keep out of the reach of children.

See container for lot number and best by date.

Manufactured for Country Life, LLC  
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CountryLifeVitamins.com  
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