

Support your levels of this essential mineral to help promote relaxation and support sleep regulation. With Magnesium encapsulated in liposomes, this easy-to-take liquid is formulated for ultra absorption.[†]



*Vitamin E

SUGGESTED USE:

Take 1 tablespoon (15 mL) daily.

Can be taken directly or added to your choice of blended beverage or as a topping on a variety of foods.

KEEP OUT OF REACH OF CHILDREN

in case of accidental overdose or choking.

All children 14 and under, pregnant and lactating women, seniors ages 65+, anyone taking medication, and those with a medical condition should always consult with a physician or healthcare professional before using any dietary supplement.

REFRIGERATE AFTER OPENING

Shake Gently Before Using

This Bottle is BPA FREE. Please Recycle. ♻️



MARY RUTH'S®

MAGNESIUM CALM

VEGAN

SUGAR
FREE

NO
MSG

LIPOSOMAL Ultra Absorption Liquid Supplement

= Almond Vanilla =
Vegan Natural Flavor

Net: 15.22 fl oz (450 mL)
A Dietary Supplement

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%*
Monounsaturated Fat	2 g	±
Total Carbohydrate	2 g	1%*
Vitamin E (as D-Alpha Tocopherol)	6.7 mg	45%
Magnesium (as Magnesium Bisglycinate)	135 mg	32%
Liposomal Proprietary Blend	3.5 g	±
Organic Sunflower Seed Oil		
Phosphatidylcholine		
Alpha-glycerophosphocholine	150 mg	±

*Percent Daily Values are based on a 2000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic Vegetable Glycerin, Organic Sprouted Almond Nut Butter, Purified Water, Organic Natural Vanilla Flavor.
CONTAINS COCONUT AND ALMOND.

All ingredients are VEGAN and NO MSG!

Distributed by MRO MaryRuth, LLC
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GOOD TO KNOW:

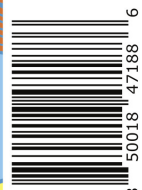
MaryRuth's uses premium quality ingredients.
Taste may vary from batch to batch.

†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.

CONTACT US

We love to hear from our customers.
Questions? Feedback?

Please feel free to call or email us!
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