



Low Sodium Mega-Mag

400 mg
per serving

Ionic - Heart[†] - Energy[†] - Calm Mood[†]
- Digestion[†] - Anti-Muscle Cramps[†]

DIETARY SUPPLEMENT • 4 fl. oz. (118mL)

Supplement Facts

Serving size 4mL (4 full droppers; 0.8 tsp)

Servings per container About 30

Amount Per Serving		%DV
Magnesium	400 mg	95%
Chloride	1100 mg	48%
Sodium	5 mg	<1%
Potassium	5 mg	<1%
Sulfate	70 mg	*
Boron	1.5 mg	*

*Daily Value (DV) not established.

Ingredients: Concentrated seawater from Utah's inland sea, USA.

NO KNOWN ALLERGENS. GLUTEN FREE.

Trace Minerals®

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I-M4Y19

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Suggested Use: 1 - 4mL (1 - 4 full droppers) daily with juice or food to mask the highly concentrated mineral flavor. To top off or fully supplement your diet with magnesium, we recommend starting with 1mL and increasing as needed, ideally spread throughout the day. We also recommend taking Mega-Mag with a large glass of fluid. Taking too much magnesium at once may cause a laxative effect. If this occurs, simply reduce amount per serving.

Mega-Mag liquid magnesium is a rich, natural source of concentrated magnesium chloride with full spectrum of ionic trace minerals from seawater that act as natural co-factors. Magnesium is the fourth most abundant mineral in the body and participates in over 300 biochemical reactions.[†] Magnesium ions (charged magnesium atoms) play a key role in nerve conduction, muscle contraction, bone and tooth formation, protein metabolism, digestion, and are particularly important to heart and circulatory health.[†] Research has shown that many American diets are deficient in magnesium.



Source: SPINScan Natural Channel 52 weeks ending 12/3/17.

[†]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.

LOT#/BEST BY DATE ON BOTTOM OF BOTTLE.

MEGA-MAG 4 OZ.



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