



TURN DOWN

A custom formula designed for relaxation.[†] Features a dynamic blend of vitamins, amino acids and minerals.



30 - 0.47 oz (13.3 g) Packets
Net weight: 14.1 oz (399 g)

Isotonix ESSENTIALS®

An Isotonic-Capable
DIETARY
SUPPLEMENT



DIRECTIONS FOR USE

1

Pour contents of packet into a cup.

2

Add 8 fl oz of water into the cup and stir.

As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of water and powder are used. This product contains no added wheat, soy, yeast, gluten, artificial flavor, salt, preservatives or milk.

WARNING: Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience dizziness, abdominal cramping or discomfort. If you are taking any other sleep aid, monoamine oxidase inhibitors (MAOI) or other antidepressants such as Zoloft or Paxil, psychoactive or tranquilizing drugs such as Xanax or Valium, or pain medications such as Demerol or Ultram, consult your healthcare provider before using this product. Take this supplement separately from prescription drugs. If you are currently using any other prescription drugs or have an ongoing medical condition, consult your healthcare provider before using this product. If you are pregnant or breastfeeding, do not use this product.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry, place. Do not use if packet has been opened.

MOOD SLEEP & CALMNESS[†]

Supplement Facts

Serving Size: 13.3 g
Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	20		Magnesium (as magnesium oxide, magnesium citrate, magnesium glycinate and magnesium carbonate)	300 mg	71%
Total Carbohydrate	5 g	2%*	Manganese (as manganese sulfate)	0.5 mg	22%
Total Sugars	5 g	**	Potassium (as potassium bicarbonate and potassium citrate)	380 mg	8%
Includes 4 g Added Sugars		8%*			
Vitamin A (as beta-carotene)	360 mcg RAE	40%	Tryptophan	500 mg	**
Vitamin C (as ascorbic acid)	600 mg	66.7%	Boron (as boron citrate)	0.5 mg	**
Vitamin D3 (as cholecalciferol)	12.5 mcg	63%			
Riboflavin (as riboflavin and riboflavin-5-phosphate)	2.88 mg	222%	* Percent Daily Values are based on a 2,000-calorie diet.		
Niacin	20 mg	125%	** Daily Value not established.		
Vitamin B6 (as pyridoxine HCl)	4 mg	235%			
Calcium (as calcium carbonate, calcium lactate, calcium phosphate, calcium sulfate and calcium citrate)	375 mg	29%			

Other Ingredients: Fructose, citric acid, orange juice powder, malic acid, glucose, natural orange flavor, maltodextrin, silicon dioxide, rebudioside A (stevia leaf), Luo Han Guo fruit extract, natural mango flavor, natural passionfruit flavor, sodium bicarbonate, natural French vanilla.

[†]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.

Manufactured for: Market America, Inc.
1302 Pleasant Ridge Road, Greensboro, NC 27409, USA

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