



Ionic Magnesium 400 mg

Heart[†] - Energy[†] -
Mood[†] - Muscles[†]

DIETARY
SUPPLEMENT

2 fl. oz. (59 mL)



Supplement Facts

Serving Size 4mL (4 droppers; 0.8 tsp)
Servings Per Container About 15

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

*Daily Value (DV) not established.

Ingredients: Concentrated seawater complex.

Trace Minerals®

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[†]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.

NO KNOWN ALLERGENS.

Suggested Use: Using the metered dropper, take 4mL (4 droppers) daily with juice or food to mask the concentrated mineral flavor. **DO NOT REFRIGERATE.** A high intake of magnesium may cause a laxative effect. If this occurs, reduce serving amount.

Ionic Magnesium provides bioavailable magnesium in a balanced liquid form, which allows for variable dosing.[†] Magnesium participates in over 300 biochemical reactions in the body, including cardiovascular function.[†]

Consuming diets with adequate magnesium may reduce the risk of high blood pressure (hypertension). However, the FDA has concluded that the evidence is inconsistent and inconclusive.[†]



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LOT#/BEST BY DATE ON BOTTOM OF BOTTLE.

[†]Source: SPINScan Natural Channel 52 weeks ending 7/12/20.



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