



Liquid Magnesium

300mg
per serving

Heart[†] - Energy[†] - Mood[†]



Tangerine
naturally flavored

DIETARY SUPPLEMENT - 16 fl. oz. (1 pt.) 473 mL

Supplement Facts

Serving Size 1 tbsp (15 mL)

Servings Per Container 32

Amount Per Serving		% DV
Calories	15	
Total Carbohydrate	3g	1%*
Total Sugars	3g	**
Includes 3g of Added Sugars		6%*
Magnesium (from Mg Citrate, ITM)	300mg	71%
Chloride (from ITM)	20mg	1%
Ionic Trace Minerals (ITM) Complex	100mg	**
A concentrated complex of full spectrum ionic trace minerals.		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Purified water, xylitol, natural tangerine flavor, citric acid, steviol glycosides, xanthan gum, potassium sorbate (for freshness).

NO KNOWN ALLERGENS.

Trace Minerals®

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Suggested Use: SHAKE VIGOROUSLY. Take 1 tbsp daily to top off or fully supplement your diet. Reduce serving to ½ tbsp if this is your first time taking Liquid Magnesium. Mix with water, your favorite beverage, or take straight. Excess magnesium may cause an undesirable laxative effect. **REFRIGERATE AFTER OPENING.**

Magnesium is the fourth most abundant mineral in the body and participates in over 300 biochemical reactions.[†] It also fuels digestive enzymes to help the body effectively process carbohydrates, proteins, and fats.[†] 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.[†] Plus, research has concluded that 68% of Americans don't consume the Recommended Daily Intake (RDI) of magnesium.

Liquid Magnesium is a great tasting magnesium supplement that's charged with Ionic Trace Minerals for body mineral balance.[†]



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Liq Magnesium 16 oz



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