



Low Sodium
Mega-Mag
400 mg
per serving

Ionic - Heart[†] - Energy[†] - Calm Mood[†] -
Digestion[†] - Anti-Muscle Cramps[†]
DIETARY SUPPLEMENT
4 fl. oz. (118 mL)



Supplement Facts

Serving Size 4 mL (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.
NO KNOWN ALLERGENS.

Trace Minerals*

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(801) 731-6051 • www.traceminerals.com



*Source: SPINScan Natural Channel 52 weeks ending 7/12/20.

Suggested Use: Take 1 - 4 mL (0.8 tsp) daily with juice or food to mask the highly concentrated mineral flavor and follow with a large glass of fluid. We recommend starting with 1 mL and increasing as needed, ideally spread throughout the day. Taking too much magnesium at once may cause a laxative effect. If this occurs, simply reduce amount per serving. **DO NOT REFRIGERATE.**

Mega-Mag is a natural source of magnesium chloride and full spectrum ionic trace minerals. Magnesium is an essential mineral that participates in over 300 biochemical reactions in the body and supports healthy nerves, muscles, bones, teeth, and metabolism.[†] 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.[†] Research has shown that many American diets are deficient in magnesium.



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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.

LOT#/BEST BY DATE ON BOTTOM OF BOTTLE.

r-M4Y22

