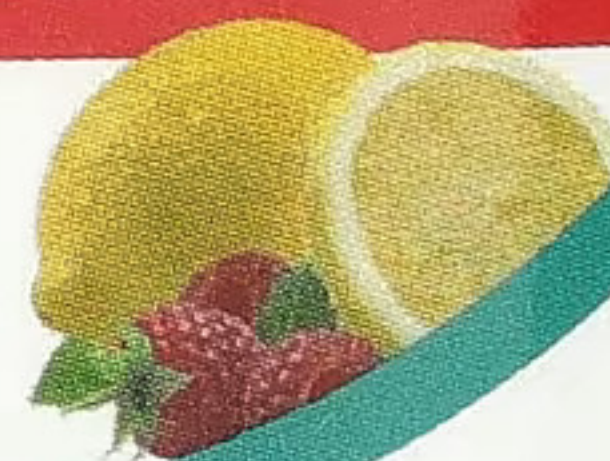


RASPBERRY-LEMONADE FLAVOR



IONIC-FIZZ™
Magnesium Plus™

RELAXING, ANTI-STRESS BEVERAGE MIX*

Supports Healthy Sleep Patterns, Muscle Comfort,
Bone Health and Heart Health*

6.03 OZ (171 G) | 30 SERVINGS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (5.7 g)

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (250 IU)	75 mcg	8%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (100 IU)	2.5 mcg	13%
Vitamin B6 (as pyridoxine HCl)	1 mg	59%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	50 mcg	13%
Vitamin B12 (as methylcobalamin)	30 mcg	1250%
Magnesium (from Magnesium carbonate)	300 mg	71%
Zinc (as Zinc lactate)	2 mg	18%
Copper (from Copper gluconate)	0.25 mg	28%

	Amount Per Serving	%DV
Manganese (from Manganese gluconate)	1 mg	43%
Potassium (from Potassium bicarbonate)	100 mg	2%
Bamboo extract (stem and leaf)	60 mg	*
Beet root powder	25 mg	*
Ionic Sea Minerals	10 mg	*
Boron (from Boron citrate)	500 mcg	*
*Daily Value (DV) not established.		

Other Ingredients: citric acid, fructooligosaccharides, natural raspberry fruit powder (flavor), natural raspberry (flavor), stevia leaf extract, lo han extract (fruit), natural lemon fruit powder (flavor), natural lime powder (flavor), natural lemon (flavor), natural lime (flavor), natural berry acai (flavor)

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While Magnesium is involved in hundreds of functions in the body, 80% of Americans get less than the government's recommended DV for this miracle mineral. In addition to countless other things, Magnesium may:

- ✓ Support a healthy stress response*
- ✓ Sooth nerves and support healthy sleep patterns*
- ✓ Help produce sustainable energy*
- ✓ Support bone and heart health*
- ✓ Support muscle comfort*

Ionic-Fizz™ Magnesium Plus™ provides 300 mg of ionic magnesium in its most absorbable form PLUS 13 other vital nutrients and 72 trace minerals that help it do its many jobs. This award winning beverage powder is simply delicious for both your taste buds and your health.

* 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.

Suggested Use: (1) scoop daily (an hour before bed if used to support sleep). Stir in warm or cold water or your favorite beverage.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach. For children under 4, pregnant or lactating women or those with kidney issues, consult doctor before using.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish



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