



**DOCTOR FORMULATED**

RESEAL HERE

*MegaFood*<sup>®</sup>

**RELAX + CALM\***  
**MAGNESIUM**

CITRATE | MALATE



**SOFT CHEWS**  
**GRAPE FLAVOR**  
WITH OTHER NATURAL FLAVORS

**30 INDIVIDUALLY WRAPPED**  
**SOFT CHEWS • 15 SERVINGS**

**MINERAL**  
**DIETARY SUPPLEMENT**

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Reseal for Optimal FRESHNESS

*MegaFood*<sup>®</sup>

MegaFood Relax + Calm\* Magnesium Chews contain a highly absorbable magnesium combination of citrate and malate. Each chew is individually wrapped for convenience and offers a great-tasting alternative to tablets. These chews may ease muscle tension and promote a sense of calm and relaxation.\*



To learn about our seals, please visit [megafood.com/standards](http://megafood.com/standards).

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If pregnant, nursing, or you have a health condition, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Tieraona Low Dog, M.D., our Chief Medical Advisor, award-winning physician and expert in dietary supplementation, worked with our team to help formulate this combination of magnesium to be gentle and effective.

**Suggested Use:** 2 soft chews daily. May be taken anytime throughout the day.

## Supplement Facts

**Serving Size 2 Soft Chews Servings per Container 15**

Amount Per Serving	% DV
Calories 35	
Total Fat <1 g	1%*
Total Carbohydrate 9 g	3%*
Dietary Fiber 1 g	4%*
Total Sugars 3 g	**
Includes 3 g Added Sugars	6%*

**Magnesium**  
(as magnesium citrate & magnesium malate) 250 mg 60%

\*\* % Daily Value (DV) not established

\* % Daily Value (DV) based on a 2,000 calorie diet

**Other Ingredients:** Organic rice syrup, organic raw cane sugar, inulin, palm oil<sup>†</sup>, natural flavors, sunflower lecithin, citric acid, fruit and vegetable juice for color, glycerin, rosemary leaf extract (to preserve freshness).

**Made for MegaFood, PO Box 5244, Manchester, NH 03108 USA**  
800.848.2542 / [megafood.com](http://megafood.com)

<sup>†</sup>Sustainably sourced and certified by the Roundtable of Sustainable Palm Oil (RSPO)

