

Support your levels of this essential mineral to help promote relaxation and support sleep regulation. With Magnesium encapsulated in liposomes, this easy-to-take liquid is formulated for ultra absorption.†



*Vitamin E

SUGGESTED USE:

Ages 14+, take 1 tablespoon (15 mL) daily. Can be taken directly or added to your choice of blended beverage or as a topping on a variety of foods.
Do not exceed the recommended dose.

KEEP OUT OF REACH OF CHILDREN

We genuinely care about all our customers. Please consult with a physician or healthcare professional before starting any health supplement, especially if pregnant or lactating, taking medication, or if you have a medical diagnosis. Discontinue use if any negative reaction occurs.

For optimal flavor and product performance, we recommend refrigeration before and after opening.

Shake Gently Before Using

This Bottle is BPA FREE.



MARY RUTH'S®

MAGNESIUM CALM[‡]

VEGAN

SUGAR FREE

NO MSG

LIPOSOMAL Ultra Absorption^{*} Liquid Supplement

†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.

CONTACT US

We love to hear from our customers.

Questions? Feedback?

Please feel free to call or email us!

WeCare@MaryRuthOrganics.com

(310) 955-1353

= Almond Vanilla =
Vegan Natural Flavor

15.22 fl oz (450 mL)
Dietary Supplement

Supplement Facts

Serving Size 1 tablespoon (15 mL)

Servings Per Container 30

	Amount Per Serving	% DV for 14+ Years
Calories	25	
Total Fat	2 g	3%*
Monounsaturated Fat	2 g	†
Total Carbohydrate	2 g	1%*
Vitamin E (as D-Alpha Tocopherol)	6.7 mg	45%
Magnesium (as Magnesium Bisglycinate)	135 mg	32%
Liposomal Proprietary Blend	3.5 g	†
Organic Sunflower Seed Oil		
Phosphatidylcholine		
Alpha-glycerophosphocholine	150 mg	†

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

†Daily Value (DV) not established.

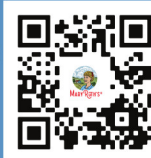
Other Ingredients: Organic Vegetable Glycerin, Organic Sprouted Almond Nut Butter, Purified Water, Organic Natural Vanilla Flavor.
CONTAINS ALMOND.

Distributed by MRO MaryRuth, LLC
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All Ingredients are VEGAN and NO MSG!

GOOD TO KNOW:

MaryRuth's uses premium quality ingredients.
Taste may vary from batch to batch.



VR-U-REV-02

LEARN MORE