



DAVID PERLMUTTER, M.D.

Formulated by America's Brain-Health Expert, a Board-Certified Neurologist, #1 *New York Times* best-selling author, Fellow of the American College of Nutrition, and expert in the human MICROBIOME.

Dr. Formulated Whole Food Magnesium powder is a delicious, fizzy drink that will help calm and relax you, leading to a good night's sleep, while restoring your body's optimal magnesium levels.[†]

Dr. Formulated Whole Food Magnesium features *Organic Brown Rice Protein Magnesium Chelate* as well as probiotics to support healthy digestion and occasional constipation.[†]



Distributed by Garden of Life LLC
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
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GLUTEN FREE
ABOUT 85 SERVINGS



Dr. Formulated

WHOLE FOOD MAGNESIUM

ANTI-STRESS + CALM + REGULARITY[†]

RASPBERRY LEMON FLAVOR



Net Wt 14.9 oz (421.5g)
WHOLE FOOD DIETARY SUPPLEMENT



Suggested Use: Add 8 ounces of room temperature water to 1 teaspoon of powder. Let fizz, stir well and enjoy.

Supplement Facts

Serving Size 1 Teaspoon (About 4.9g)
Servings Per Container About 85

	Amount Per Serving	% Daily Value
Calories	8	
Sodium	120 mg	5%
Total Carbohydrate	2 g	1% [†]
Total Sugars	0 g	+
Includes 0g Added Sugars		0%
Magnesium*	350 mg	83%
<i>Bacillus subtilis</i> DE111® (250 million CFU)**	4.5 mg	+

[†] Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

Ingredients: Ionic Magnesium Fizz Blend (Non-GMO Citric Acid, Magnesium Carbonate and Sodium Bicarbonate), Organic Brown Rice Protein Magnesium Chelate, Organic Raspberry Flavor with Other Natural Flavors, Organic Lemon Flavor with Other Natural Flavors, Organic Stevia Extract (leaf).

**At time of expiration.

*Made with a proprietary blend of ionic magnesium and whole food organic brown rice protein chelated magnesium.

DE111® is a trademark of Deerland Probiotics & Enzymes, Inc.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. Use with children under supervision after consultation with your child's healthcare professional. This product is not intended to treat chronic constipation, which may be a symptom of a serious disease.

Made without dairy or soy ingredients. Manufactured in a facility that also processes egg, milk, soy, wheat, tree nuts and sesame.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing. Packaged by weight not volume. Settling may occur.



PLEASE
RECYCLE

Certified



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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.