

Suggested Use: Using the provided scoop, mix ½ scoop into 3-4 ounces of water once or twice daily with food or at mealtime. Stir until dissolved. To add to the calming effects of **Stress-X Magnesium Powder**, mix with hot water. For best results, divide your daily serving into two servings. If this is your first time taking **Stress-X Magnesium Powder**, reduce the serving size to ¼ scoop for the first 5 days. **Keep dry until use and store in a cool, dry place.**

While 60% of magnesium in the body is found in the bones and teeth, 40% of the magnesium in the body is found in the muscles. In the muscles, magnesium is primarily responsible for muscle relaxation after contraction. Studies indicate that 66% of US adults consume less than the RDA of magnesium per day. A deficiency of magnesium in the body can result in a myriad of problems, including muscle cramps and nerve irritability.†

Magnesium is also the second-most plentiful positively charged ion found within the cells of the body, signifying its importance in a multitude of physiological cellular functions.‡

Stress-X Magnesium Powder is a natural magnesium supplement formulated with magnesium citrate and over 72 ionic trace minerals from **ConcenTrace®** to help maintain healthy magnesium levels in the body to help you stay calm and relaxed and to feel overall wellness in body and mind.‡

ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.

‡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.



Trace Minerals Research®
P.O. Box 429 • Roy, Utah 84067
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r-M0Y13



NEW!
IMPROVED FLAVOR!



Stress-X Magnesium Powder

350 mg

**A calming, stress-relieving supplement containing
magnesium citrate and ConcenTrace®.†**

Helps maintain healthy magnesium levels and relaxes the muscles
after contraction to help you feel calm and tranquil.‡

liqujmins™

Lemon Lime

Certified Vegan • Gluten Free • Great Taste

NET WT 12.7 OZ (360 g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 7.2 g (about ½ scoop)

Servings Per Container 50

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	4 g	1%*
Sugars	4 g	
Magnesium (Magnesium Citrate)	350 mg	88%
Sodium (Sodium Bicarbonate)	40 mg	2%
ConcenTrace® Ionic Trace Minerals	100 mg	†
Over 72 ionic trace minerals from Utah's inland sea, the Great Salt Lake.		

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

† Daily Value (DV) not established.

Other Ingredients: Crystalline fructose, citric acid, natural citrus flavors, natural flavor, malic acid, stevia leaf, silica. **CERTIFIED VEGAN.**

Allergen Info: Contains no known allergens. **GLUTEN FREE.**

**LOT#/BEST BY DATE
ON BOTTOM OF BOTTLE.**

