

Magnesium is an essential mineral required for adequate health. Sixty percent of the body's magnesium is stored in our bones making it important for maintaining bone health throughout life. Magnesium is also critical for adequate nerve function, controlling important muscle and brain activities and it is often used for its calming abilities. In addition, magnesium is needed for energy and cardiovascular support.[†]

When combined with water, our **Mag Relax®** forms magnesium citrate with an ionic bond.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.

MAG RELAX®

Promotes Nerve, Bone, and
Cardiovascular Health[†]

Dietary Supplement
NET WT 160 gm



Supplement Facts

Serving Size 3 Teaspoons (10 g)

Servings Per Container 16

Amount Per Serving	% Daily Value	
Magnesium (Carbonate)	615 mg	150%

Other Ingredients: Citric acid.

SUGGESTED USE: Add 3-4 ounces of warm/hot water to a serving (3 teaspoons) of powder and stir until dissolved. Then add in cold water or favorite juice and drink.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN.

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