

GREAT
TASTE!



Fast-Absorbing

Liquid Magnesium

300 mg

Tangerine Flavor

liquimins™

Certified Vegan • Gluten Free

NET 16 FL OZ (1 PT) 473 mL • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 tbsp
Servings Per Container 32

Amount Per Serving		% DV
Calories	15	
Total Carbohydrate	3 g	1%*
Sugars	3 g	
Magnesium (from Citrate, ITM)	300 mg	75%
Chloride (from ITM)	35 mg	1%
Ionic Trace Minerals (ITM)	100 mg	**

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

**Daily Value (DV) not established.

Other Ingredients: Purified water, xylitol, natural tangerine flavor, citric acid, stevia leaf, xanthan gum, potassium sorbate (for freshness).

Allergen Info: contains no known allergens.
GLUTEN FREE.

Also contains over 72 naturally-occurring ionic trace minerals.

†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.

Magnesium is the fourth most abundant mineral in the body and participates in over 300 biochemical reactions.† It also fuels digestive enzymes to help the body effectively process carbohydrates, proteins, and fats.† Magnesium also plays a key role in nerve conduction, muscle contraction, bone and tooth formation, and heart and circulatory health.† In addition, magnesium is essential in the production of ATP, the energy storage molecule in the body.† However, research has concluded that 68% of Americans don't consume the Recommended Daily Intake (RDI) of magnesium.

Liquid Magnesium is a great tasting dietary supplement containing a special blend of magnesium citrate and magnesium chloride from Ionic Trace Minerals to help you maintain healthy levels of magnesium in the body.†

Suggested Use: SHAKE WELL. Take 1 tbsp daily to top off or fully supplement your diet. Reduce serving to ½ tbsp if this is your first time taking **Liquid Magnesium**. Mix with water, your favorite beverage or take straight. Excess magnesium may cause a laxative effect.
REFRIGERATE AFTER OPENING.

Trace Minerals Research

P.O. Box 429

Roy, Utah 84067

www.traceminerals.com

(801) 731-6051



American Vegetarian Association

r-M11Y15



Liq Magnesium 16 oz



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LOT# / BEST BY DATE

