



Low Sodium

Mega-Mag 400 mg

Natural ionic magnesium with trace minerals

liquimins™

Gluten Free • Certified Vegan

NET 4 FL. OZ. (118 mL) • DIETARY SUPPLEMENT



Supplement Facts

Serving size 4mL (4 full droppers; 0.8 tsp)

Servings per container 30

Amount Per Serving		%DV
Magnesium	400 mg	100%
Chloride	1120 mg	33%
Sodium	10 mg	<1%
Potassium	5 mg	<1%
Sulfate	90 mg	†
Boron	1.5 mg	†

† Daily Value (DV) not established.

Ingredients: A high magnesium, low sodium mineral concentrate from Utah's inland sea, the Great Salt Lake. Contains no other added ingredients. **CERTIFIED VEGAN, NON-GMO.**

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

*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.



LOT#/BEST BY DATE

Mega-Mag liquid magnesium is a rich, natural source of concentrated magnesium chloride with over 72 naturally occurring ionic trace minerals that act as natural co-factors.

Magnesium is the fourth most abundant mineral in the body and participates in over 300 biochemical reactions.* Magnesium ions (charged magnesium atoms) play a key role in nerve conduction, muscle contraction, bone and tooth formation, protein metabolism, digestion, and are particularly important to heart and circulatory health.* Research has shown that many American diets are deficient in magnesium.

Suggested Use: 1 - 4mL (1 - 4 full droppers; ¼ to 0.8 teaspoon) daily with juice or food to mask the highly concentrated mineral flavor. To top off or fully supplement your diet with magnesium, we recommend starting with 1mL and increasing as needed, ideally spread throughout the day. We also recommend taking **Mega-Mag** with a large glass of fluid. Excess magnesium may cause a laxative effect. **ConcenTrace®** is a trade name for concentrated sea minerals from the Great Salt Lake.



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