



STRESS RELIEF

Stress-X

MAGNESIUM POWDER

Helps Your Mind and Body
Feel **Peaceful & Relaxed**[†]



DIETARY SUPPLEMENT
NET WT 8.5 OZ (240 g)

Supplement Facts

Serving Size About 1 level tsp. (4.8 g)

Servings Per Container About 50

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	4g	1%*
Sugars	1g	
Magnesium (as Magnesium Malate, Magnesium Carbonate)	350mg	88%
Sodium	5mg	<1%
Ionic Trace Minerals (ITM)	100 mg	**
A complex of over 72 naturally-occurring ionic trace minerals.		

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

**Daily Value not established.

Other Ingredients: Citric acid, organic evaporated cane juice, natural flavors blend (raspberry, lemon), malic acid, silica, beet root powder, stevia reb A. **CERTIFIED VEGAN.**

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

Suggested Use: Mix 1 level tsp. of powder into 2-4 ounces of water and stir until dissolved. Take once or twice daily, with or without food. To add to the calming effects of **Stress-X Magnesium Powder**, mix with hot water. For best results, divide your daily serving into two or three servings. If this is your first time taking **Stress-X Magnesium Powder**, take ½ the serving size to test bowel tolerance. Keep dry until use and store in a cool, dry place.

r-M2Y16



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liqui[™]mins



Day or Nighttime Stress Relief Powder

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 68% 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.¹

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.¹

Stress-X Magnesium Powder is a natural magnesium supplement formulated with magnesium malate and a special blend of magnesium carbonate and citric acid, which creates a highly absorbable form of magnesium citrate 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.¹ We also added a complex of over 72 naturally occurring electrolytes from Ionic Trace Minerals for a magnesium supplement that is unmatched in the industry.

[†]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.

STXM Rasp-Lemon 50 serv



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LOT# / BEST BY DATE
ON BOTTOM OF BOTTLE.