

Suggested Usage: Mix 2 level teaspoons in at least 10 oz. of cold water or clear liquid daily, preferably late in the day. This product may increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 10 oz. of cold liquid to neutralize this reaction prior to ingestion.

NOW® Magnesium Inositol Relax Powder combines magnesium and inositol, two nutrients that support relaxation and a normal mood.* Magnesium is a mineral that is critical for metabolism, energy production, nerve impulse transmission and more.* Inositol is a member of the B-complex family that's found in all cell membranes, especially in the brain and central nervous system, where it plays an important role in neurotransmitter signaling.*

*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.

Caution: This product must be dissolved into at least 10 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not eat freshness packet enclosed.

CODE 1293

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Magnesium Inositol Relax

Nervous System Support*

- Nerve and Muscle Nourishment*
- Promotes Relaxation*
- Fizzy, Lemonade Flavor

NET WT. 16 OZ. (454 g)

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Level Teaspoons (approx. 6 g)
Servings Per Container about 76

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Carbonate)	400 mg	95%
Inositol	2,000 mg	†

† Daily Value not established.

Other ingredients: Citric Acid, Natural Lemon Flavor, Stevia Leaf Extract (Rebaudioside A) and Monk Fruit Extract.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

