



calm zone[®] magnesium

325mg raspberry lemon

a relaxation drink[†]
balances calcium intake[†]
energy production[†]
regularity[†]

mineral

net wt. 8 oz. (225 g)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 2 Rounded Teaspoons (4.5 g)
Serving Per Container 50

	Amount Per Serving	% Daily Value [†]
Calories	10	
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	0%
Total Sugars		*
Includes 0 g Added Sugars		0%
Magnesium (as magnesium carbonate)	325 mg	80%

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Citric Acid, Natural Flavors, Rebaudioside A-Stevia (stevia extract).

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

▼ **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.**

DIRECTIONS: Start with 1 teaspoon (or less) daily and gradually increase to 3 teaspoons (or more, as needed). Place powder in a glass or mug; add 2-3 oz. of hot water. Let it fizz, then stir until dissolved. Fill with warm or cold water.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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Item No.
VS-3162
1868629