

Contains No sugar, dairy, yeast, wheat, gluten, eggs, peanuts, soy, tree nuts, fish, shellfish, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) scoop daily. Add 1 scoop in a cup and add 2-3 oz. hot water. Let it fizz. Stir until dissolved. Fill cup with additional water or other liquid.

Store in a cool, dry place away from direct light.

KEEP OUT OF REACH OF CHILDREN.

†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.

WHOLE FOOD Magnesium Powder

Effervescent Magnesium Powder
from Icelandic Red Algae

HELPS SUPPORT CALMNESS & RELAXATION†

GLUTEN FREE • NON GMO • VEGAN



Naturally
Flavored

Dietary Supplement



Net Wt.
9.13 oz.
(259 g)

SUPPLEMENT FACTS

Serving Size 1 Scoop (3.7g)

Servings Per Container About 70

| | Amount | % Daily |
|---------------------------------------|-------------|---------|
| | Per Serving | Value |
| Magnesium | 350 mg | 83% |
| (from Icelandic Red Algae)(Aquamain®) | | |

Other Ingredients: Citric acid, natural flavor, organic stevia extract powder (Reb A).

The whole food marine algae (*Lithothamnion calcareum*) used to source the magnesium in this formula is harvested in the pristine waters of the North Atlantic. Its unique honeycomb cell structure makes it more bioavailable than many other magnesium products. Magnesium is the fourth most abundant mineral in the body that is part of over three hundred biological processes. Most notably it promotes healthy bones and muscles but it is also instrumental in supporting relaxation and can act as a calmiative.†

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