

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.

EFFERVESCENT
**Whole Food
Magnesium Powder**

from Pristine Irish Seawater & Icelandic Red Algae

HELPS SUPPORT CALMNESS & RELAXATION†

GLUTEN FREE • NON GMO • VEGAN



Natural
Lemon Flavor

Dietary Supplement



Net Wt.
9.13 oz.
(259 g)

SUPPLEMENT FACTS

Serving Size 1 Scoop (3.7g)

Servings Per Container About 70

	Amount Per Serving	% Daily Value
Magnesium (from Pristine Irish Seawater & Icelandic Red Algae)(Aquamin®)	350mg	83%

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

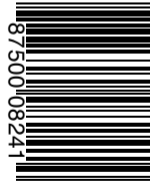
The pristine sea water and whole food marine red algae (*Lithothamnion calcareum*) used as a source of magnesium in this formula are collected from the North Atlantic waters near Ireland. Magnesium derived from seawater is in its most natural form and magnesium from red algae which has unique honeycomb 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 calmative.†

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