

Magna-Calm

8 oz. (227 grams)

Item Catalog Number: 12968

Magna-Calm is an excellent source of highly absorbable magnesium, from the most bioavailable source - magnesium citrate. The powder has a pleasant, unsweetened natural lemon flavor and a mild effervescence. All ingredients are derived from natural sources.

Supplement Facts

Serving Size 1 scoop (1 level teaspoon, approximately 3 grams)

Servings Per Container 75

Amount Per Serving

Magnesium 420 mg

(as magnesium citrate)

Other ingredients: citric acid, potassium bicarbonate, natural lemon flavor, modified food starch.

Dosage and Use

- Take 1/2 to 1 scoop daily, preferably in the evening. If loose bowels or diarrhea occurs, simply reduce dose until bowel movements are normal.
- How to make a drink: Add 2-3 ounces of boiling water (preferably spring, filtered, or distilled) per scoop, and stir until dissolved. Add cold water if desired, or drink as a hot tea.

Note

Though the magnesium citrate dissolves, a small portion of the natural lemon flavoring may not dissolve completely. This is normal.

Caution

If you have a defibrillator (an implant designed to stop a cardiac arrest), consult your physician before using this product.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.