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by nature

PRIVATE LABEL

OUR BRAND OR YOURS.

# EFFERVESCENT MAGNESIUM CITRATE

- **A dietary supplement to support proper nerve and muscle functions.\***

- Great tasting lemon lime flavor!

- Magnesium is a mineral needed by every cell. It activates at least 350 different enzymes in the body, more than any other mineral, so it is crucial for many of the metabolic functions in the body.\* Low magnesium levels can cause metabolic functions to decrease, resulting in stress on the body and reducing the body's ability to absorb and retain magnesium. Magnesium is well known for its ability to help maintain normal muscle and nerve function, heart rhythm, energy production and storage as well as strong bones and teeth.\* Magnesium supports a calm state and assists with calcium and potassium uptake.\* It also aids in maintaining the body's proper pH balance, blood pressure and normal body temperature.\*

- **Magnesium and nerve function**

- Magnesium is known to regulate or inhibit many nerve receptors.\*
- Without enough magnesium, nerves fire too easily from even minor stimuli which can create a sensitivity to pain especially in people with a low threshold.\*
- Magnesium appears to also affect the nervous system by regulating the release of hormones.\*

- **Magnesium and muscle function**

- Adequate magnesium is necessary for proper muscle functioning.
- Magnesium deficiency promotes excessive muscle tension which can lead to muscle spasms and restlessness.\*
- Supports the relaxation of both voluntary and involuntary muscle tissue.\*

- **Absorption and mineral transporters (aspartates & citrates)**

- Absorption of minerals is a major problem. All nutrients reaching the upper G.I. tract are not absorbed uniformly or adequately. Increasing and improving absorption is vital to good health.\*
- To improve absorption of inorganic minerals, they must be bound to organic substances such as citric acid or aspartic acid. This is known as a chelated mineral.

### Supplement Facts

**Serving Size: 1 Scoop (6 g)**

**Amount Per Serving**

Calories	15
Total Carbohydrates	4 g
Calcium (as Tricalcium Phosphate)	19 mg
Riboflavin (Vitamin B2)	8 mg
Magnesium (as Mg Citrate)	420 mg
Potassium (as K Bicarbonate)	390 mg
Stevia Leaf Extract	25 mg

Other ingredients: citric acid, evaporated cane juice, natural lemon flavor, silica.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**WARNING:** This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

**Suggested Use:** As a dietary supplement, mix one scoop (6 g) in water daily, preferably in the evening, before bed, or as directed by your healthcare practitioner.

Sold Exclusively Through Healthcare Practitioners.

0200276.075 (75 Vegetarian Servings)



\*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.

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