

Supplement Facts

Serving Size: 1 teaspoon (5 mL)

Servings Per Container: 48

	Amount Per Serving	% Daily Value
Magnesium (as magnesium chloride)	200 mg	48%

Other ingredients: Water and potassium sorbate.

This product is gluten, dairy and GMO free.

RECOMMENDATION: One (1) teaspoon mixed with eight (8) ounces of water, or beverage of your choice, each day as a dietary supplement or as otherwise directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

CAUTION: Use only as recommended. Magnesium chloride is generally well tolerated. Most side effects are due to toxicity (hypermagnesemia). Mild hypermagnesemia is generally well tolerated, but severe hypermagnesemia can affect the nervous and cardiovascular system. Therefore, magnesium chloride may be contraindicated in patients with renal impairment or marked myocardial disease.

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