



Liquid Magnesium

with Trace Minerals

NERVOUS SYSTEM SUPPORT*

400 mg Magnesium per 3 servings

Ionic Trace Minerals

Net 8 fl. oz. (237 mL)

A Dietary Supplement



Supplement Facts

Serving Size 1/4 Teaspoon (1.33 mL)

Servings Per Container about 178

	Amount Per Serving	% Daily Value
Magnesium (from Trace Mineral Concentrate)	133 mg	33%

Ingredient: Ionic Trace Mineral Concentrate.

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

www.nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry, dark place after opening.

Please Recycle.

*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.

SUGGESTED USAGE: Shake well before use. This product is highly concentrated with nothing added and has a very strong taste. As a dietary supplement for adults, take 1/4 teaspoon (1.33 mL) 3 times daily mixed with juice or food to mask the concentrated mineral flavor.

NOW® Liquid Magnesium with Trace Minerals is a natural mineral concentrate sourced from the Great Salt Lake and produced by using a proprietary solar evaporation process. This process also removes 99% of the naturally occurring sodium, while preserving its remaining 72 naturally occurring Trace Minerals in their bioavailable ionic forms. The presence of Magnesium and other trace minerals in the body is necessary for normal biochemical reactions, maintenance of healthy electrolyte balance, and healthy neuro-muscular function.*

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



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