

CALM MAG

Calm Mag is an all-natural dietary supplement formulated with highly bioavailable magnesium citrate, vitamin C (ascorbic acid), and L-theanine. The nutrients in Calm Mag work in concert to help support healthy bowel function, ease stress, promote hydration, and fight muscle cramps.*

How Calm Mag Works

Calm Mag includes a highly bioavailable citrate salt form of magnesium. Many magnesium supplements rely on an inferior form—called magnesium oxide—which is poorly absorbed by the body. Thus, more of the magnesium found in Calm Mag gets put to use in the body.

For individuals who don't consume sufficient amounts of magnesium through diet, problems such as constipation, muscle cramps, dehydration, and feelings of weakness may arise.

Research suggests that magnesium citrate supplementation can help restore low magnesium status in adults, thereby helping to alleviate symptoms caused by low magnesium concentrations.

Continuing on, L-theanine is included in Calm Mag as research shows it to be effective for stress support (relaxation) and promotion of cognitive function.* L-theanine is readily taken up into the brain upon oral ingestion, and acts to alter brainwave production (specifically by increasing alpha waves in the brain).

People who are in a resting state or coming down from a busy set of activities are often in the alpha brainwave space. People who practice light meditation will also be functioning in the alpha brain level. Thus, when L-theanine is ingested, users tend to feel calmer but yet attentive.

Finally, the vitamin C found in Calm Mag can help support immune function and reduce oxidative stress, both of which are imperative for overall health.*

Calm Mag Supplementation

In summary, the benefits of Calm Mag supplementation may include:

- Support for healthy bowel function*
- Support for relaxation and calmness*
- Support for maintaining proper hydration and fighting cramps*
- Support for immune system function*



Form: Powder

Serving Size: 3/4 Scoop (95 servings/container)

Ingredients	Amount	%DV
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin B6 (as Pyridoxine HCl)	2.8 mg	165%
Magnesium (as Magnesium Citrate)	370 mg	88%
Taurine	200 mg	*
L-Theanine	100 mg	*

Other Ingredients:

Raspberry and Lemon Flavors, Stevia.

Directions:

Mix one serving into 2-3 ounces of warm water until dissolved, then add more hot or cold water to desired taste or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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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