

NIGHTTIME  
SUPPORT

Trace Minerals



RESEARCH



# NO!

# Muscle Cramps

Helps avoid muscle cramps  
by supporting healthy  
electrolyte balance in  
the muscles.<sup>†</sup>

liquiMINS™

Gluten Free • Certified Vegan

NET 4.06 FL. OZ. (120 mL) • DIETARY SUPPLEMENT



## Supplement Facts

Serving size 2 mL (0.4 tsp.)  
Servings per container 60

Amount Per Serving	%DV
Magnesium (ConcenTrace®) 36mg	9%
Chloride (ConcenTrace®) 312mg	9%
Sodium (Utah Sea Minerals) 100mg	4%
Potassium (Pot. Chloride) 120mg	3%
Sulfate (ConcenTrace®) 16mg	*

\* Daily Value (DV) not established.

**Ingredients:** Utah Sea Minerals™, ConcenTrace®, purified water, potassium chloride, citric acid.

**Allergen Info:** contains no known allergens. **GLUTEN FREE.**

**NO! Muscle Cramps** is a unique complex containing pure, essential electrolytes your muscles need to stay properly hydrated.<sup>†</sup> There are many causes for acute muscle cramping, but dehydration is one of the most common. Proper hydration with water and key electrolytes like magnesium and potassium help keep electrolytes in the muscles so they stay healthy, balanced, and hydrated to help avoid muscle cramps, especially those that wake you up at night.<sup>†</sup>

**Suggested Use:** Add 2 mL (2 full droppers or about 32 drops) to 32 oz. of water (8 drops per 8 oz.; ½ tbsp. per gallon) and stir/shake well for best isotonic balance. Take serving up to 4 times per day if necessary, especially before bedtime. If desired, take serving size in as little as 4 oz. of water as a concentrated shot.



r-M1Y15



MADE IN USA



**cGMP**

<sup>†</sup>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.

NO! Muscle Cramps 4oz

LOT#/BEST BY DATE



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