



DAVID PERLMUTTER, M.D.

Formulated by America's Brain-Health Expert, a Board-Certified Neurologist, #1 *New York Times* best-selling author, Fellow of the American College of Nutrition, and expert in the human MICROBIOME.

Dr. Formulated Relax & Restore Whole Food Magnesium powder is a delicious, fizzy drink that will help calm and relax you, leading to a good night's sleep, while restoring your body's optimal magnesium levels.†

Relax & Restore features the first-ever *Organic Pea Protein Magnesium Chelate* made with our finest U.S.A. grown Organic Peas, as well as live probiotics, to support healthy digestion and occasional constipation.†

GLUTEN FREE
DAIRY FREE
SOY FREE
SUGAR FREE



† 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.



Dr. Formulated
MAGNESIUM

Relax & Restore

WHOLE FOOD
MAGNESIUM

ANTI-STRESS + CALM + REGULARITY†



CERTIFIED VEGAN & GLUTEN FREE

ORANGE DREAMSICLE



Net Wt 6.9 oz (196 g)
WHOLE FOOD DIETARY SUPPLEMENT

Suggested Use: Add 8 ounces of room temperature water to 1 teaspoon of powder. Let fizz, stir well and enjoy.

Supplement Facts

Serving Size 1 Teaspoon (3.9g)
Servings Per Container Approximately 50

	Amount Per Serving	% Daily Value
Magnesium*	350 mg	90%
Dr. Formulated Probiotic Blend	3.5 mg	+

[*Lactobacillus plantarum*, *Lactobacillus bulgaricus*, *Lactobacillus acidophilus*] (1 Billion CFU)

+ Daily Value not established.

Ingredients: Ionic Magnesium Fizz Blend (Non-GMO Citric Acid, Magnesium Carbonate and Sodium Bicarbonate), Organic Pea Protein Magnesium Chelate, Organic Orange Flavor, Organic Stevia Extract (leaf), Organic Vanilla Flavor, *Lactobacillus plantarum*, *Lactobacillus bulgaricus*, *Lactobacillus acidophilus*.

*Using the first-ever Whole Food Organic Pea Protein Magnesium Chelate created from U.S.A. Organic Peas.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. Use with children under supervision after consultation with your child's healthcare professional. This product is not intended to treat chronic constipation, which may be a symptom of a serious disease.

Keep out of reach of children.

Store in a cool, dry place.
Do not use if safety seal is broken or missing.
Packaged by weight not volume. Settling may occur.

Contains No soy, dairy, tree nuts, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

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Recyclable Bottle



We Buy 100% Certified Renewable Energy

