



Stress-X

MAGNESIUM POWDER

Helps Your Mind and Body
Feel **Peaceful & Relaxed**[†]



Lemon Lime



Gluten Free



Vegan



NON-GMO

DIETARY SUPPLEMENT
NET WT 8.8 OZ (250 g)

Supplement Facts

Serving Size About 1 level tsp. (5 g)
Servings Per Container About 50

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	4g	1%*
Sugars	1g	
Magnesium (as Magnesium Malate, Magnesium Carbonate)	350mg	88%
Sodium	5mg	<1%
Ionic Trace Minerals (ITM)	100 mg	**

A complex of over 72 naturally-occurring ionic trace minerals.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Citric acid, organic evaporated cane juice, natural flavors blend (lemon, lime), malic acid, silica, quercetin powder, stevia reb A. **CERTIFIED VEGAN.**

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

Suggested Use: Mix 1 level tsp. of powder into 2-4 ounces of water and stir until dissolved. Take once or twice daily, with or without food. To add to the calming effects of **Stress-X Magnesium Powder**, mix with hot water. For best results, divide your daily serving into two or three servings. If this is your first time taking **Stress-X Magnesium Powder**, take ½ the serving size to test bowel tolerance. **Keep dry until use and store in a cool, dry place.**

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Trace Minerals Research®
P.O. Box 429 • Roy, Utah 84067
(801) 731-6051
www.traceminerals.com



Day or Nighttime Stress Relief Po

While 60% of magnesium in the body is found in the bones and teeth, 40% of the magnesium in the body is found in the muscles. In the muscle, magnesium is primarily responsible for relaxation after contraction. Studies indicate that 68% of US adults consume less than the RDA of magnesium per day. A deficiency of magnesium in the body can result in a variety of problems, including muscle cramps and irritability.[†]

Magnesium is also the second-most plentiful positively charged ion found within the cells of the body, signifying its importance in a multitude of physiological cellular functions.[†]

Stress-X Magnesium Powder is a high-quality magnesium supplement formulated with magnesium malate and a special blend of magnesium carbonate and citric acid, which creates a highly absorbable form of magnesium citrate to help maintain healthy magnesium levels in the body to help you stay calm, relaxed and to feel overall wellness in both your mind.[†] We also added a complex of naturally occurring electrolytes from Ionic Trace Minerals for a magnesium supplement that is unmatched in the industry.

[†]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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