

Ingredients

Magnesium hydroxide (sea water extraction)

Usage

Serving Size 1/2 teaspoon (1.25g)

Suggested Use Take 1/4 teaspoon (1.25g) daily, dissolved in water, away from meals. Do not exceed recommended daily intake. This daily amount may cause mild stomach upset in sensitive individuals

Servings Per Container: 80 (x1.25g) servings

Storage: Store in a cool, dry place