Dr. Dale's Magnesium: Is essential for normal heart function, nerve impulse transmission, muscle relaxation and calcium management. Symptoms of deficiency include muscle cramps, headache, and fatigue.

Take the guesswork out of supplements: Dr. Dale's uses a proprietary process that transforms pure mineral crystals into a fully hydrated, 100% bioavailable liquid ionic supplement • easy to swallow • gentle on the stomach • made in the USA and quality tested to assure safety and potency • No additives or sweeteners.

The Dr. Dale's difference: Large doses are used in solid supplements because most of the mineral is not absorbed. Dr. Dale's minerals are 100% bioavailable. It is not necessary to take large doses in order to be effective.

**Suggested Use:** 30 drops (2ml) in 8 oz of juice or water. Shake well before use.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amount per serving</th>
<th>% Daily value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnesium</td>
<td>80mg</td>
<td>20%</td>
</tr>
</tbody>
</table>

Other ingredients: purified water

This product is not intended to substitute for a varied diet.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.