

# EFFERVESCENT MAGNESIUM CITRATE

## A Fun, Fizzy Way To Get Enough of a Critical Mineral

- Promotes heart health\*
- Supports strong bones and teeth\*
- Encourages restful sleep\*
- Maintains neurological function\*
- Keeps muscles relaxed\*

Every cell in your body craves magnesium. It activates at least 350 different enzymes—more than any other mineral—and it's critical for production of ATP, your cells' main source of energy.\* If you want to stay healthy, getting enough magnesium should be at the top of your list.\* Magnesium supports a healthy heart, restful sleep, strong bones and teeth, relaxed muscles, and healthy nerves.\* DaVinci<sup>®</sup> Laboratories makes it easy to nourish your body with this important mineral with Effervescent Magnesium Citrate, a great-tasting, fun, lemon-lime drink mix.\* In Effervescent Magnesium Citrate, magnesium does double duty with potassium in supporting overall health.\*

### Tap Into Magnesium's Cardio Benefits\*

Magnesium supports a healthy heart rhythm.\* It's also known for maintaining blood pressure already in the normal range, especially when combined with potassium.\* What's more, magnesium is involved in insulin and glucose metabolism, two factors important for heart health.\*

### Promote Strong Bones and Teeth\*

Magnesium supports bone formation, and eating enough magnesium is associated with strong bone density.\* In fact, about 60% of the magnesium in the body is stored in the bone. Likewise, magnesium is responsible for a radiant smile because it can help keep teeth healthy.\*

### Enjoy Nights of Restful Slumber\*

At bedtime, magnesium can help you to feel more relaxed.\* Magnesium may reduce the amount of time it takes to fall asleep and lead to longer-lasting slumber.\* You're more likely to wake up refreshed and ready to tackle daily challenges.\*

### Keep Your Nerves and Muscles Healthy\*

Magnesium is critical for neurological function.\* It stops the nerves from firing too easily and from becoming too sensitive to touch or other stimuli.\* Magnesium also is important for muscle function.\* Without enough magnesium, muscles become tense

and uncomfortable—nourishing amounts of this mineral also support the relaxation of muscle tissue.\*

### Effervescent Magnesium Citrate is recommended for:\*

- A healthy heart rhythm\*
- Optimizing blood pressure\*
- Insulin and glucose metabolism\*
- Supporting healthy bones or teeth\*
- Occasional sleep disturbance\*
- Sensitive nerves\*
- Tense muscles\*

**Suggested Use:** As a dietary supplement, mix 6.88 g (approximately 1 scoop) in water daily, preferably in the evening, before bed, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 6.88 g (Approximately 1 Scoop)  
Servings Per Container 75

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrates 5 g	2%†
Calcium (as Tricalcium Phosphate) 19 mg	2%
Potassium (as K Bicarbonate) 390 mg	8%
Riboflavin (Vitamin B2) 8 mg	615%
Magnesium (as Mg Citrate) 420 mg	100%
Stevia Leaf Extract 35 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

Other ingredients: citric acid, evaporated cane juice, silica, natural lemon flavor.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN 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.

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