

The **FIZZ** IS Better™

Magnesium **FIZZ**™

A Magnesium-Rich Mineral
Complex



Magnesium FIZZ™ combines optimal amounts of magnesium, vitamin C, potassium, vitamin B₅ and B₆, along with manganese, zinc, folate, biotin, chromium and selenium, in order to provide a magnesium-rich multi-mineral complex formula. Many consumers have requested a product like this, since magnesium is a mineral that is often deficient in the standard American diet.

Magnesium FIZZ™ has many great benefits:

Magnesium FIZZ™ contains optimal amounts of magnesium, combined with several other vitamins and minerals, to provide a magnesium-rich complex formula.

Our unique effervescent formula completely dissolves in water for a tasty, easy-to-absorb daily drink!

Since magnesium is so commonly deficient in the standard American diet, we have answered the request of consumers to have a magnesium-rich fizzy drink that tastes good and is easy to take every day.

When taken twice daily, Magnesium FIZZ™ provides a 30-day supply of 700mg per day of magnesium, along with several other essential vitamins and minerals, including B-vitamins, Vitamin C, chromium, selenium, potassium, zinc and manganese.

Magnesium FIZZ™ mineral blend contains:

Magnesium: This mineral has many functions in the human body. In bone health, it plays a role in the structural integrity of bone. Magnesium plays a role in over 300 fundamental life dependant cellular reactions (especially in enzyme activation).

Vitamin B₅: This vitamin is known for being vital for a healthy nervous system and has many other roles in maintaining health. Vitamin B₅ plays an important role in the secretion of hormones. These hormones assist the metabolism, help to fight allergies and are beneficial in the maintenance of healthy skin, muscles and nerves.

Vitamin B₆: This vitamin is also known for being vital for a healthy nervous system and has many other roles in maintaining health. Vitamin B₆ also aids in the absorption of magnesium.

Vitamin C: This vitamin is required for the growth and repair of tissues in all parts of the body. It is necessary to form collagen, an important protein used to make skin, scar tissue, tendons, ligaments, and blood vessels. Vitamin C is essential for the healing of wounds, and for the repair and maintenance of cartilage, bones, and teeth. Vitamin C is also one of many antioxidants and enhances the absorption of magnesium.

Potassium: This important mineral maintains pH balance of blood, body-water balance, and is needed for proper nerve and muscle function.

Selenium: A mineral and an antioxidant, Selenium has many functions including defending against free-radical damage. Selenium is a trace mineral that is essential to good health and has antioxidant properties that help prevent cellular damage from free radicals.

Folate: This is a member of the B-Vitamin family, which helps produce and maintain new cells. This is especially important during periods of rapid cell division and growth such as infancy and pregnancy. Folate is needed to make DNA and RNA, the building blocks of cells.

Biotin: Another member of the B-Vitamin family, this important nutrient takes its name from the Greek word bios, meaning "life". It assists the body in metabolizing protein, fats, and carbohydrates from food. It plays a special role in enabling the body to use blood sugar (glucose), a major source of energy for body fluids. Biotin also helps produce certain enzymes.

Chromium: This is a trace mineral needed by the body for normal growth and health. Chromium helps the body use sugar properly. It is also needed for the breakdown of proteins and fats. Lack of chromium may lead to nerve problems and may decrease the body's ability to use sugar properly.



Consumer Info.
1-800-481-7169
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Supplement Facts

Serving Size: 2 scoops (16.4 grams)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	16	
Total Carbohydrate	4 g	<2%
Sugars	4 g	**
Vitamin C (as ascorbic acid)	600 mg	1000%
Vitamin B ₆ (as pyridoxine HCL)	2 mg	100%
Folate (as folic acid)	100 mcg	25%
Biotin	100 mcg	33%
Vitamin B ₅ (as calcium pantothenate)	4 mg	40%
Magnesium Blend (from citrate, sulfate and gluconate)	700 mg	175%
Zinc (as zinc sulfate)	2 mg	13%
Selenium (as selenium aspartate)	50 mcg	72%
Manganese (as manganese ascorbate)	2 mg	100%
Chromium (as chromium polynicotinate)	50 mcg	42%
Potassium (as potassium citrate)	200 mg	**

* Daily Value based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Citric Acid, Malic Acid, Tartaric Acid, Fructose, Potassium Bicarbonate, Sodium Bicarbonate, Natural Flavor, Stevia.

Contains no yeast, dairy, gluten, egg, gluten, soy, wheat, or starch.

*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.