A NOTE FROM YOUR CARE TEAM

Growing Up® Magnesium

Hydration and gentle digestion in a glass.

Pink Lemonade drink · Kids 1+



WHY WE RECOMMENDED IT

Stays hydrated
Magnesium + potassium.

Gentle digestion
Supports regular, comfortable poops.

Kids love it
Pink Lemonade, no added sugar.

HOW TO GIVE IT

Ages 1–3

1 serving a day

In 4–6 oz of water

Ages 4+

2 servings a day

In 8–12 oz of water

Stir into water until fully dissolved. Add ice for best taste.

Tip: Make it part of a daily routine, like breakfast or after school.

THE SCIENCE

1

Magnesium for nerves & muscles

Magnesium helps nerves and muscles work properly and helps the body make energy.

2

Minerals that hydrate

Potassium and magnesium work together to help keep the body hydrated.

3

Kiwifruit, backed by research

Green kiwifruit (Actazin®) has been shown to support softer stools and regular bathroom trips.

Scan for how-to tips & FAQs · beginhealth.com

If your child takes any medication or has a medical condition, check with their health care professional before use.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.