

Here's to the *rest*

A 2-in-1 blend formulated for sleep and mind & muscle relaxation[†], featuring clinically studied Tart Cherry and Magnesium Bisglycinate in a bioavailable form that's gentle on the stomach.

#Magnesium supports mind and muscle relaxation, and supports mental wellness, and Tart Cherry helps ease mental fatigue, supports sleep, and supports muscle recovery.*



Supplement Facts

Serving Size: 2 Teaspoons (about 7 g)
Servings Per Container: 30

	Amount Per Serving	%DV for Adults	%DV for Pregnant/ Lactating Women
Calories	20		
Total Carbohydrate	2 g	1%*	1%*
Magnesium (as Magnesium Bisglycinate Chelate) ¹	300 mg	71%	75%
Montmorency Tart Cherry (<i>Prunus cerasus</i>) Powder (fruit) ²	480 mg		**

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

**Daily Value not established.

Other Ingredients: Citric acid, natural raspberry flavor, natural strawberry flavor, malic acid, silica, stevia leaf extract (Reb-M), organic monk fruit (*luo han guo*) extract.

Key Ingredients & Benefits

SLEEP SUPPORT

Tart Cherry helps ease mental fatigue and is clinically studied to support quality sleep.*

HELPS CALM THE MIND

Magnesium helps support stress and mind relaxation, and helps support mental wellness.*

MUSCLE RELAXATION & RECOVERY

Tart Cherry is clinically studied to support muscle recovery, and Magnesium supports muscle and nerve function.*

CRAMPING RELIEF

Magnesium is clinically studied to help ease leg cramps during pregnancy, as well as to help support period cramping and provide PMS support.*

We're Made Traceable®

100% of Ritual's active and other ingredients are Made Traceable™, meaning we publicly share the supplier name and final place of manufacturing for our active and other ingredients. Because transparency is great, but traceability means more—it's the very core of our commitment to quality, safety, and efficacy, and it's how we empower women to make informed choices about what they put into their bodies.

Testing & Certifications

Each batch of Magnesium+ undergoes extensive third-party testing for heavy metals, microbes, and major allergens. We also test for purity and composition to ensure that what's on the label is what's in the product. That's why we not only conduct our own testing but also achieved Clean Label Project Certification.

The Clean Label Project is considered one of the strictest for protecting consumers from harmful contaminants. It independently tests for 200+ environmental contaminants and harmful chemicals, such as heavy metals (like lead and arsenic), pesticide residues, plasticizers, and antibiotic residues.

A Thoughtful Design

BIOAVAILABLE MAGNESIUM BISGLYCINATE

Formulated with a bioavailable form of Magnesium that is easy on the stomach and helps minimize GI side effects.*

CLINICALLY-STUDIED TART CHERRY

Montmorency Tart Cherries are a cherry varietal with over 15 years of research and more than 20 human clinical studies.

LIGHT BERRY TASTE

A sugar-free, berry drink mix made with a fusion of natural strawberry & raspberry flavors for the perfect addition to your evening ritual.