



Magnesium Tablets

Food supplement containing magnesium



Useful information:

Just like vitamins, magnesium is one of the essential nutrients the human body needs to stay healthy. Magnesium is found mainly in the bones, muscle cells and blood. Magnesium contributes towards a healthy metabolic energy rate and to reducing tiredness and fatigue. Magnesium also supports a normal muscle function; especially in those who do sport or exercise, and promotes well-being - including at night - with eased, relaxed muscles and calves.

Ingredients:

Magnesium Carbonate, Microcrystalline Cellulose and Corn Starch (bulking agent), Magnesium Stearate (separating agent).

	per tablet	per daily dose (4 tablets)	% of NRV recommended daily dose*	per 100 g tablets
Magnesium	100 mg	400 mg	107	16 g

* NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

Recommended use:

Swallow 3-4 tablets per day at meal times with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contains 250 tablets = 150 g

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