



## Saint Bernhard Sport Magnesium 400 supra Capsules

1 capsule daily  
Dietary supplement

### Good to know:

Magnesium is an essential mineral that is found mainly in the bones, muscle cells and blood. In the human body, magnesium plays an important role in:

- a normal muscle function, particularly in sports or physical activity and thus promotes the wellbeing including at night - with eased, relaxed muscles and calves.
- a healthy energy metabolism and the reduction of tiredness and fatigue.
- a balanced electrolyte balance
- the maintenance of normal bones and teeth

Already 1 capsule per day covers the magnesium requirement of an adult!

### Ingredients:

Magnesium Oxide, Gelatin, anticaking agent: Magnesium Stearate.

Each capsule contains 670 mg magnesium oxide, providing 400 mg of pure magnesium.

	pro capsule (=daily dose)	% of the daily intake according to NRV*	per 100 g capsules
Magnesium	400 mg	107	52 g

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

### Recommended intake:

1 capsule daily swallowed with sufficient liquid, preferably with meals.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

### Contents 120 capsules = 91 g

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[www.saint-bernhard-sport.com](http://www.saint-bernhard-sport.com)