



Magnesium Capsules

Food supplement
vegan

Good to know:

Just like the vitamins, magnesium is one of the essential nutrients the human body needs to stay healthy. The essential mineral is found mainly in the bones, muscle cells and blood.

Magnesium supports a normal muscle function, particularly in sports or physical activity and thus promotes the well-being - including at night - with eased, relaxed muscles and calves.

Ingredients:

Magnesium Carbonate, Hydroxypropyl Methyl Cellulose, Magnesium Oxide, separating agent Magnesium Stearate.

Each capsule contains 150 mg pure magnesium.

	per capsule	per daily dose (=3 capsules)	% of the daily intake according to NRV*	per 100 g capsules
Magnesium	150 mg	450 mg	120	24 g

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

Recommended dosage:

Take 2-3 capsules over the course of a day unchewed with meals, to be swallowed with sufficient liquid.

Keep out of direct sunlight. Do not store above 25 °C.

Nutritional supplements should not be used as a substitute for a varied, healthy 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 300 capsules = 189 g

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