



Sanct Bernhard Sport Calcium+Magnesium Tablets

Dietary supplement

Good to know:

Calcium and magnesium are mineral nutrients that are essential for many life functions in the human organism. They play a key role in the formation of the mineral substance in the bones and teeth. In addition, calcium plays a role in cell division and energy metabolism. Magnesium supports a normal muscle function, especially in sports and physical activity and promotes the well-being - also at night - helps muscles and calf muscles to relax and loosen up.

Ingredients:

Calcium Carbonate, Magnesium Carbonate, Cornstarch, Microcrystalline Cellulose, anti-caking agent: Magnesium Stearate, Middle-chained Triglycerides, Croscarmellose Natrium, Vitamin D3.

Each tablet contains: 300 mg calcium carbonate and 200 mg magnesium carbonate, corresponds to 120 mg pure calcium and 50 mg pure magnesium. 1.25 µg vitamin D3 contributes towards the absorption and utilisation of calcium.

	per tablet	per daily dose (=6 tablets)	% of the recommended daily dose according to NRV*	per 100 g tablets
Calcium	120 mg	720 mg	90	16 g
Magnesium	50 mg	300 mg	80	7 g
Vitamin D3	1.25 µg	7.5 µg	150	0.2 mg

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

Recommended intake:

Take 2 tablets 3 times daily with sufficient liquid before the meals. It is recommended to take Calcium+Magnesium Tablets regularly over a long period of time.

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 small children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 400 tablets = 298 g

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www.sanct-bernhard-sport.de