



Magnesium Citrate Capsules

Nutritional supplement
Vegan

Useful information: It is now common knowledge that magnesium plays a key role in maintaining a healthy, properly functioning body. It is able to exert its beneficial properties particularly effectively in the form of the highly soluble compound magnesium citrate.

Magnesium is scientifically proven to contribute to the following:

- A normal **muscle function**, especially during sport and physical exertion. It helps keep muscles relaxed and supple – even at rest and during the night.
- A healthy **energy metabolism** and the reduction of fatigue and tiredness
- Normal **nervous system** and psyche functions
- The retention of strong and healthy **bones and teeth**

Ingredients: Trimagnesium Citrate, Hydroxypropyl Methylcellulose, Silicon Dioxide (separating agent), Magnesium Stearate.

| | per capsule | per daily dose (= 3 capsules) | % of NRV recommended daily dose* |
|-----------|-------------|----------------------------------|--|
| Magnesium | 100 mg | 300 mg | 80 |

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

Recommended dose: Swallow 3 x 1 capsules daily during meals with sufficient fluid.

People with impaired kidney function should only take magnesium citrate under the supervision of a medical professional.

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

180 capsules = 137 g

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