



Magnesium 400 Direct Powder

Food supplement containing magnesium and sweeteners

- Only 1x daily
- Can be taken without fluid
- Pleasantly fruity taste

Useful information:

Magnesium is an essential mineral substance primarily found in the bones, the muscle cells and the blood. In the human body, magnesium takes on diverse, important tasks by contributing, amongst other things, to:

- Normal muscular function, especially in those who do sport or exercise. Magnesium thus promotes well-being – including at night – with eased, relaxed muscles and calves.
- The retention of sturdy, healthy bones and teeth
- A healthy energy metabolism and the reduction of fatigue and tiredness
- Normal nervous system and psyche functions
- Magnesium 400 Direct Powder can be taken without liquid and dissolves directly in the mouth. Pleasantly fruity taste. The 400 mg magnesium sachet is already a high dose, meaning that one of these per day is sufficient! Practical fast and simple, meaning that it is also ideal when travelling.

Ingredients: Sorbitol sweetener, Trimagnesium Citrate, Magnesium Oxide, acidifier Citric Acid, bulking agent Sodium Hydrogen Carbonate, natural flavouring, separating agent Silicon Dioxide.

	per sachet (=daily dose)	% of NRV recommended daily dose*	per 100 g
Magnesium	400 mg	107	19 g

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

Recommended intake: Pour the contents of one sachet directly onto your tongue 1 x daily. The powder dissolves within seconds and can be swallowed without liquid.

Can have a laxative effect when used excessively!

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.

Keep dry and below 25°C.

Made in Germany

Contents: 60 sachets with 2.1 g each

Total weight 126 g

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