

## **MAG365** Magnesium Supplement 150g **FOOD SUPPLEMENT WITH MAGNESIUM**

**SUGGESTED USE:** Individual needs may vary. Start by taking 2 g (1 teaspoon) daily and gradually increase to maximally 4 g (2 teaspoons) per day.

**MAG365** can be taken during or outside meals. Do not exceed the recommended daily intake. Intake can be taken at one time or split into 2 or 3 portions and taken during the day.

**DIRECTIONS:** Mix in a glass or mug with 20–30 ml of hot water. Let it fizz, then stir until dissolved. Fill the remainder of the glass or mug with warm or cold water and enjoy.

A food supplement should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

**STORAGE:** Keep dry. Keep out of reach of young children.  
Best before end | Batch number: see bottom.



**YOUR  
EVERYDAY  
MAGNESIUM**

Food supplement | Net weight: 150g

**MAG365**  
**MAGNESIUM**

**UN-FLAVOURED**

**Magnesium supports normal healthy nervous system and muscle function. It also contributes to the maintenance of healthy bones and teeth.**

### **PRODUCT INFORMATION**

Serving Size: 2 tsp (4 g)	
Amount per 4 g	% NRV*
Magnesium 375 mg	100

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate.)



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