

**100mg of liposomal  
Magnesium per serving**

Nutritional information per daily intake: 2 capsule		%Nutrient Reference Value
Magnesium bisglycinate	840mg	
Elemental magnesium	100mg	27%

Liposomal Magnesium food supplement. Each vegetable capsule contains 50mg Magnesium. Each tub contains 30 servings of 2 capsules.

**Ingredients:** Liposomal Magnesium (Magnesium Bisglycinate, Emulsifiers [Gum Arabic, Sunflower Lecithin, Inulin]), Vegetable capsule shell: Hydroxypropyl methyl cellulose, Colour (Calcium Carbonate).