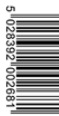


Food supplement with vitamins, minerals, amino acids and a sweetener - 175 g e (30 servings)

Recommended use: Mix 1 scoop (5.8 g) into 150-250 ml of water (dilute to your personal preference) 1-2 times daily, or as directed.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the recommended daily dose. Store out of reach of young children. This product contains 12.5 mg of vitamin B6. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness. Not recommended during pregnancy or breastfeeding. If you are taking medication or have a medical condition, consult a healthcare practitioner before using this product. Keep in a cool, dry place.

Ingredients: magnesium bisglycinate, sweetener: maltodextrin, flavour: citric acid, sweetener: maltitol, flavour: natural orange flavour, calcium ascorbate, thickener: guar gum, KSM-66® *Withania somnifera* root extract, *Asparagus racemosus* root extract, *Trifolium pratense* root extract, *Rhodiola rosea* root extract, *Salvia officinalis* leaf extract, sweetener: steviol glycosides from stevia, pyridoxal-5-phosphate, methylcobalamin, folate. **Gluten, dairy and soy free. Suitable for vegans.**



L/ Best before end: see side

Art. 26930 (35661-V3) SKU: 3370

Manufactured in the EU. Distributed in the UK & Ireland by Metagenics®.

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IRE: Little Island, Cork T45 YV29
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Metagenics®

PRACTITIONER RECOMMENDED

Crafted with plant based ingredients



PERIMENOPAUSE

MegaMag® PeriMeno Plus

Synergistic formula to support women over 40*
With magnesium glycinate
+ research backed herbal blend

ORANGE FLAVOUR



MAGNESIUM

30 Servings

1 scoop (5.8 g) typically contains:		% RI
Vitamin B6 (pyridoxal-5-phosphate)	12.5 mg	893%
Vitamin B12 (methylcobalamin)	100 µg	4000%
Folate (5-methyl tetrahydrofolate)	100 µg	50%
Vitamin C (calcium ascorbate)	250 mg	313%
Magnesium (bisglycinate)	200 mg	53%
Rhodiola Root Extract (<i>Rhodiola rosea</i>) standardised to 3% rosavins and 1% salidroside	62.5 mg	
Ashwagandha Root Extract (<i>Withania somnifera</i>) (KSM-66®)	125 mg	
Sage Leaf Extract 5:1 (<i>Salvia officinalis</i>) equivalent to 300mg whole sage powder	60 mg	
Shatavari Root Extract (<i>Asparagus racemosus</i>)	100 mg	
Red Clover Extract (<i>Trifolium pratense</i>) standardised to 8% isoflavones	100 mg	

*% RI = Reference Intake

¹Hops and sage extract help support menopausal comfort.