

# MAG365

Magnesium Plus Supplement 360g

## FOOD SUPPLEMENT WITH MAGNESIUM, CALCIUM AND VITAMINS

### SUGGESTED USE:

Individual needs may vary. Start by taking 2.5g (1 slightly rounded teaspoon) daily and gradually increase to maximally 6 g (3 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 throughout the day.

### DIRECTIONS:

Mix in a glass or mug with enough hot water to create a fizzing action. Let it fizz, then stir until dissolved. Fill the remainder of the glass or mug with warm or cold water and enjoy. If using cold water, allow it to fully ionise for approximately 20 minutes before drinking. A food supplement should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. Do not use this product before consulting your doctor if you are pregnant or breastfeeding. Do not give this product to a child under 2 years of age before consulting your paediatric doctor.

### STORAGE:

Keep dry. Keep out of reach of young children.



**YOUR  
EVERYDAY  
MAGNESIUM**

Food supplement | Net weight: 360g

MAGNESIUM  
**MAG365**

NATURAL  
BF PLUS CALCIUM



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

### PRODUCT INFORMATION

Serving Size: 6g (3 tsp)		
Amount per 6g		% NRV*
Magnesium	375 mg	100
Calcium	250 mg	31
Vitamin D3	20 µg (800 IU)	400
Vitamin K2	75 µg	100
Vitamin C	200 mg	250
Vitamin B6	2 mg	143
Potassium	300 mg	15
Zinc	10 mg	100
Boron	3 mg	

\*NRV = Nutrient Reference Value

### INGREDIENTS

Ionic magnesium citrate (created from a highly absorbable proprietary blend of citric acid and magnesium carbonate), potassium bicarbonate, calcium lactate, vitamin C (as ascorbic acid), zinc picolinate, boric acid, vitamin B6 (as pyridoxal-5-phosphate), vitamin K2-MK7 (trans), vitamin D3 (cholecalciferol vegan from algae).



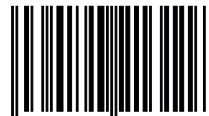
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**VEGAN • GLUTEN-FREE**



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