



Magnesium Water

Focus

Enhances alertness & supports mental clarity when you need it most

Contains 180mg of elemental magnesium per can (250ml) – 48% NRV

Non-carbonated for absolute refreshment with a great-tasting, stimulating blend of blueberries & fresh mint

Low calorie. Low sugar. No artificial sweeteners



Magnesium Water – Harder working water

Magnesium Water - Focus enhances alertness and supports mental clarity when you need it most. The energising blend has been scientifically formulated to support the recovery of magnesium levels lost through mental and physical exertion, experienced during the stresses of a busy day.

Delivering 180mg of elemental magnesium, naturally sourced caffeine and essential B-vitamins, the unique electrolyte blend of magnesium glycinate, magnesium citrate and Irish sea minerals has been formulated to maximise absorption—sharpening every cell in your body.

Magnesium source

BetterYou Magnesium Water consists of a unique triple-blend of magnesium sources to maximise absorption and effectiveness in the body, including:

Magnesium Citrate

Considered one of the most absorbable forms of magnesium within the gut, when compared to more common forms such as oxide. Magnesium citrate is a salt containing magnesium and citrate ion in a 1:1 ratio. It's highly soluble and bioavailable, making it an ideal form to supplement in your diet. Our magnesium citrate is sourced from naturally derived marine magnesium.

Magnesium Glycinate

Bonded by two glycine molecules, a component of protein, magnesium glycinate is best known for its use in regulating neuromuscular contractions, supporting muscle recovery. Again, a highly bioavailable and soluble form of magnesium, it acts quickly in the body to restore lost magnesium through daily stresses.

Irish sea minerals

To enhance the formulation further, we've included a natural magnesium source produced from seawater from the Irish Sea. The marine multi-mineral complex is high in magnesium and rich in 72 trace-minerals, including calcium, zinc and potassium ensuring an exceptional electrolyte balance.

Ingredients

Water, agave nectar, acid; tartaric acid, natural flavourings, 2% blueberry juice from concentrate, magnesium citrate, magnesium glycinate, garden mint extract, B vitamin blend (niacin, vitamin B6, biotin, vitamin B12), green coffee bean extract.

Advisory information

Supplements should not replace a healthy diet and exercise.

Planet-friendly product

This can is crafted from 100% recyclable aluminium, ensuring infinite recyclability without compromising material quality. This product is free from any palm oil and palm oil derivatives.

Magnesium Water Focus

A refreshingly still blend of blueberry and mint to enhance alertness and support mental clarity.

RRP

£9.99 (4 pack)

Product dimensions (mm)

(H x W x D)

Individual can:

135 x 52 x 52

Case of 4:

137.5 x 105 x 105

Suitable for

Suitable from 12 years and above

Suitable for vegetarians and vegans

No known contraindications

Exceptional quality, guaranteed:

Low sugar

Low calorie

Zero artificial sweeteners

Vegan

Gluten free

Electrolyte-rich



 Developed in Britain

Nutritional Information				
Serving per can: 1 (serving size 250ml)				
	per 100ml	%RI* per 100ml	per 250ml can	%RI* per 250ml
Energy kJ	37kJ	0%	93kJ	1%
Energy in kcal	9kcal	0%	23kcal	1%
Fat (g)	0g	0%	0g	0%
- of which saturates (g)	0g	0%	0g	0%
Carbohydrates (g)	1.2g	1%	3g	3%
- of which sugars (g)	1.2g	1%	3g	3%
Fibre (g)	0g	0%	0g	0%
Protein (g)	0g	0%	0g	0%
Salt (g)	0.001g	0%	0g	0%
Vitamins & Minerals	per 100ml	%NRV** per 100ml	per 250ml can	%NRV** per 250ml
Magnesium (mg)	72mg	19%	180mg	48%
Niacin (mg)	4mg	25%	10mg	63%
Vitamin B6 (mg)	0.35mg	25%	0.88mg	63%
Biotin (µg)	12.5µg	25%	31.25µg	63%
Vitamin B12 (µg)	0.625µg	25%	1.563µg	63%
Additional Information	per 100ml	%NRV** per 100ml	per 250ml can	%NRV** per 250ml
Caffeine (mg)	12mg	-	30mg	-

*Reference intake of an average adult (8400kJ/2000kcal) **Nutrient reference value