

SUGGESTED USE: Take 2 capsules per day with a full glass of water and preferably with food.

CAUTION: Do not exceed the stated dose.

If you are pregnant, breastfeeding, taking prescription medication or under any medical supervision it is advisable to consult a GP prior to taking any food supplements. Discontinue use and consult a GP if adverse reactions occur. Not suitable for persons under the age of 18.

Keep out of reach of children at all times.

Do not use if seal is broken or damaged.

May cause mild stomach upset in sensitive individuals.

STORAGE: Store in a cool, dry place.

For best before end & batch number see side of label.

Food supplements are intended to supplement the diet and should not be regarded as a substitute for a varied diet and a healthy lifestyle.

Bottle made from at least 80% recycled plastic.

Please recycle bottle with cap on.

All our products are subject to our stringent quality assurance.



New Leaf
products

Based on a
60 day supply

2*
Months
Supply

MAGNESIUM

4in1

Certified



Corporation



GLYCINATE +
CITRATE + MALATE + OXIDE

1,836mg
PROVIDING
381mg
ELEMENTAL
MAGNESIUM



120 CAPSULES
FOOD SUPPLEMENT

Nutritional Information

Serving Size: 2 Capsules

Servings per Container: 60

	Amount per Serving	%RI*
Magnesium Complex	1,836mg	**
Magnesium Bisglycinate	1,200mg	**
Magnesium Malate	321mg	**
Magnesium Citrate	310mg	**
Magnesium Oxide	5mg	**
Providing Elemental Magnesium	381mg	102%

* Reference Intake

** No RI established

Ingredients: Magnesium Bisglycinate, Magnesium Malate, Magnesium Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Anti-Caking Agent (Magnesium Stearate), Magnesium Oxide.

Magnesium contributes to the maintenance of normal bones and teeth.

Magnesium contributes to normal muscle function and to normal functioning of the nervous system.

Magnesium contributes to a reduction of tiredness and fatigue.

Magnesium contributes to normal psychological function.

Manufactured for:

New Leaf Products Ltd - London - NW4 2ES - United Kingdom

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FOR BEST BEFORE AND BATCH NUMBER: SEE BELOW

V06