

DIRECTIONS FOR USE

Take three (3) capsules daily, or as directed by a healthcare practitioner. Dose can be taken at one time or separately throughout the day. Do not exceed the recommended daily intake.

Consult your doctor before use if you are pregnant, breastfeeding, taking any medication, or have a medical condition.

A food supplement should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

STORAGE

➡ Store in a **cool, dry place**.

⚠ **Keep out** of reach of young children.

See bottom for batch / best before end

94g e

*No magnesium oxide
100% vegan*

PURE
**MAGNESIUM
TAURATE**

Food supplement **90** / Net weight
Capsules 94g e

ITLHealth
MAGtaur8



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

It also contributes to normal psychological function and to the reduction of tiredness and fatigue.

INGREDIENTS

Magnesium taurate, pullulan
(vegan capsule)

PRODUCT INFORMATION

Total servings: **30**

Serving size: **3 capsules**

Amount per 3 capsules		%NRV*
2745mg of non-buffered magnesium taurate, delivering:		
Taurine	2495 mg	
Magnesium	250 mg	67%

*NRV = Nutrient Reference Value

DISTRIBUTED BY

ITL Health Ltd

Suite 1, 7th floor,
50 Broadway, London,
SW1Y 4LB, UK

www.itlhealth.co.uk

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UK1207S / V. 1.1



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