

SUGGESTED USE:
2 Capsules Daily



**100% NATURAL
VEGAN FRIENDLY**

INGREDIENTS:

Magnesium Bisglycinate 150mg, calcium (from red algae lithothamnion) 60mg, ginger extract 75mg, ashwagandha root extract 75mg, chaste berry (vitex agrius castus) 40mg, Chamomile extract 30mg, beetroot powder 25mg, Vitamin B1 (thiamine) 0.55mg, Vitamin B2 0.7mg, Vitamin B6 (Pyridoxine HCL) 5mg, Methyl Folate 100ug, Vitamin B12 Methylcobalamin 25ug
HPMC Vegetable Capsule

Store in a cool dry place out of the reach of children

Best before end (see base)

Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Do not take if pregnant or breastfeeding. Consult a professional before taking any food supplement or changing your diet.