

Biethica

PURE

3 in 1

Magnesium

Ideal Sleep
Supplement



MAGNESIUM GLYCINATE, MALATE & CITRATE

Contributes to the reduction
of tiredness & fatigue, helps in
maintenance of normal bones and
muscle function.

- 100 Servings
- No need to swallow large tablets
- Additive free
- Suitable for Vegans

Ingredients: Magnesium glycinate, Magnesium malate, Magnesium citrate.

Nutritional Information	per 1/2 tsp (2.5g)	%NRV*
Magnesium blend	1800mg	
of which Magnesium glycinate	1000mg	
of which Magnesium malate	400mg	
of which Magnesium citrate	400mg	
Providing elemental Magnesium	384mg	102%
NRV* nutritional reference intake		

Directions:

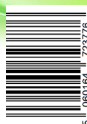
Take 1/2 of a teaspoon (approximately 2.5g) once a day, dissolved in water or juice. Do not exceed stated dose.

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding or taking any medications, please consult a doctor before use.

Discontinue use and consult a doctor if adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal is broken.

Food Supplement

Packed in the UK for:
WFBM Healthcare Ltd
Genesis centre
ST6 4BF
enquiries@wfbm.co.uk



180g

Batch no: 2306-03
Best before: 28/02/26