BIOFOOD MAGNESIUM

Ingredients: Magnesium (complexed with inactivated *lactobacillus bulgaricus*), binding agent (microcrystalline cellulose), emulsifier (stearic acid, sodium carboxymethyl cellulose), tablet coating (hydroxypropyl methylcellulose).

Recommended Intake: 1-2 tablets daily as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a varied, balanced diet and lifestyle.

- Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- · Suitable for vegetarians and vegans
- · BEST BEFORE DATE: see base of container
- Store in a cool, dry place



Minerals | Food State







60 VEGAN TABLETS Food Supplement Product Information: 60 tablets = 30-60 days supply

One tablet will provide on average:

Average Values:

Magnesium 100mg

27

%NRV

NRV = Nutrient Reference Value

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



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