

Food supplement with vitamins, minerals, amino acids and a sweetener - 174 g e (30 servings)

Recommended use: Mix 1 scoop (5.8 g) into 150-250 ml of water (adjust to taste), 1-2 times daily, or as directed. May be taken during the day and/or one hour before bedtime.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the recommended daily dose. Store out of reach of young children. This product contains 25 mg of vitamin B6. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness. Contains sweetener (maltitol), excessive consumption can cause a laxative effect.

If pregnant, breastfeeding, taking medication or have a medical condition, consult a healthcare practitioner before using this product. Keep in a cool, dry place. For allergens, see ingredients in bold.

L/ Best before end: see side

Art. 16660 (35660-V8)

SKU: 3361

Manufactured in the EU. Distributed in the UK & Ireland by Metagenics®.

UK: Whaley Bridge SK23 7DQ

IRE: Little Island, Cork T45 YV29

www.metagenics.co.uk / .ie

Vegetarian

Certified



Metagenics®

PRACTITIONER RECOMMENDED

Crafted with a plant based ingredient

CLINICALLY
TESTED
INGREDIENTS

MENTAL WELLBEING

MegaMag® Night Plus

Synergistic formula to support a restful night^{1,2}

With magnesium glycinate, tryptophan + l-theanine

40 min

FAST ACTING INGREDIENT³

CHAMOMILE FLAVOUR

MAGNESIUM

30 Servings

Each scoop (5.8 g) typically provides:

*% RI

Vitamin B6 (pyridoxal-5-phosphate)	25 mg	1786%
Vitamin B12 (methylcobalamin)	20 µg	800%
Folate (5-MTHF)	150 µg	75%
Magnesium (bisglycinate)	200 mg	53%
L-tryptophan	110 mg	
Hops extract (<i>Humulus lupulus</i> L.)	75 mg	
L-theanine	100 mg	
Milk Protein Hydrolysate (Lactium®)	75 mg	

*% RI = Reference Intake

Ingredients: magnesium bisglycinate, flavour enhancer: citric acid, sweeteners: maltodextrin and maltitol, thickener: guar gum, l-tryptophan, l-theanine, milk protein hydrolysate (Lactium®) (milk), hops extract, flavour: chamomile flavour, pyridoxal-5-phosphate, sweetener: steviol glycosides from stevia, calcium-L-methylfolate, methylcobalamin. **Gluten and soy free. Suitable for vegetarians.**

¹Magnesium contributes to the normal function of the nervous system. ²Hops extract has relaxing properties, enabling sound and healthful sleep. ³L-theanine has been shown in studies to produce an effect on the brain within 40 minutes of oral administration - Juneja LR et al Trends Food Sci Technol 10:199-204 (1999).