

Formula & Directions



Take 2 capsules with breakfast and 1 capsule with dinner.

The dosage in this supplement is a safe supplementary amount, however some people prefer to take 1 capsule with breakfast and 1 capsule with dinner (2 capsules a day instead of 3). This gives a lower daily dose of 323mg of elemental magnesium.

To maximise absorption of magnesium, take it with protein and prebiotics (fruit and veg) and avoid taking iron supplements or lots of fibre at the same time. Unabsorbed magnesium can upset sensitive tummies.

Nutritional Information		
Serving Size: 3 capsules		
Servings Per Container: 40		
Ingredients	Amount Per Serving	*NRV
Magnesium Blend (as Glycinate, Citrate, Taurate, Malate, Orotate and Lactate)	2500 mg	**
Providing Elemental Magnesium	485 mg	129%
Vitamin B6	25 mg	1786%
Zinc	10 mg	100%
Vitamin D3	25 mcg	500%
NRV = Nutrient Reference Value ** = No NRV established		

Ingredients

Magnesium Glycinate, Magnesium Citrate, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Magnesium Taurate, Magnesium Malate, Magnesium Orotate, Vitamin B6 (Pyridoxine Hydrochloride), Zinc Citrate, Magnesium Lactate, Vitamin D3 (Cholecalciferol From Algae).