SUGGESTED USE: Take 3 capsules per day with a full glass of water and preferably with food.

CAUTION: Do not exceed the stated dose.

If you are pregnant, breastfeeding, taking prescription medication or under any medical supervision it is advisable to consult a GP prior to taking any food supplements. Discontinue use and consult a GP if adverse reactions occur. Not suitable for persons under the age of 18.

Keep out of reach of children at all times.

Do not use if seal is broken or damaged.

STORAGE: Store in a cool, dry place.
For best before end & batch number see side of label

Food supplements are intended to supplement the diet and should not be recarded as a substitute for a varied diet and a healthy lifestyle.

Bottle made from at least 80% recycled plastic.

Please recycle bottle with cap on.

All our products are subject to our stringent quality assurance.







Nutritional Information

Serving Size: 3 Capsules Servings per Container: 60

	Amount per Serving	%RI*
Magnesium Complex	2,550mg	**
Magnesium Bisglycinate	1,500mg	**
Magnesium Threonate	1,050mg	**
Providing Elemental Magnesium	384mg	102%

^{*} Reference Intake

Ingredients: Magnesium Bisglycinate, Magnesium Threonate, Capsule Shell (Hydroxypropyl Methylcellulose), Anti-Caking Agent (Magnesium Stearate).

Magnesium contributes to the maintenance of normal bones

Magnesium contributes to normal muscle function

Magnesium contributes to a reduction of tiredness and fatique

Manufactured according to the GMP Code Of Practice for: New Leaf Products LTD - London - NW4 2ES United Kingdom - support@new-leaf-products.com

^{**} No RI established