

HealthAid®

MagCitra® 1900mg



What are MagCitra® tablets?

Magnesium Citrate is one of the most absorbable forms of Magnesium. It is an essential mineral that contributes to normal muscle and nervous system function. It contributes to the maintenance of healthy bones, teeth, and the reduction of tiredness and fatigue. It also contributes to electrolyte balance, normal energy-yielding metabolism and protein synthesis. It is also important to support a healthy immune system and cardiovascular function, and is highly beneficial for anyone who suffers from muscle cramps or PMS symptoms.

Two Tablet Contains (Average):		% NRV
Magnesium citrate which provides	1900mg	*
Elemental Magnesium	300mg	80
NRV: EC Nutrient Reference Value *: EC NRV not yet established		
† : Individuals with a sensitive stomach may be advised to take this product with food.		

What are MagCitra® tablets for?

- For good health and to provide regularity to bodily functions
- May help to overcome the symptoms of PMS (premenstrual syndrome)
- May provide proper growth and development of bone and teeth
- May help to maintain functionality of immune, muscle and nervous system
- To promote healthy heart and to control blood pressure
- May be helpful to lower high cholesterol level, reduce chances of diabetes, blood clots and heart related symptoms
- May contribute to the energy metabolism

Who are MagCitra® tablets for?

MagCitra™ tablets may be of benefit to;

- For those who have weak immune, nerve and muscles functionality
- For those who suffer from heart related problems
- Women who are menstruating or passing through the menopause period
- Elderly diabetic people to lower cholesterol level and muscular cramps
- For those who wishes to maintain strong bone, teeth and muscular system
- Those who suffer from migraine, high blood pressure and hypertension.

When should I take MagCitra® tablets?

HealthAid Ltd

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MagCitra can be taken by everyone to provide optimum support for muscular cramps, PMS, cardiovascular health and strong bones, immunity and wellbeing.

Recommended Daily Intake

Adults and children over 12 years of age, two tablets daily, preferably on an empty stomach †. Adults can increase up to three tablets daily if required. Do not exceed recommended daily intake unless advised by a suitably qualified person.

Product Code	801312					Product Name:	MagCitra™ 1900mg				
Pack Size	60's: tablets packed in 4(blisters) strips of 15 tablets each, packed in a carton printed with all the relevant information										
Appearance (shape/colour)	White coated, large oval tablets										
Size	22 x9 mm		Shape	Oval		Average Weight	1650mg				
Ingredients	Magnesium Citrate, Bulking Agent [maltodextrin, microcrystalline cellulose, hydroxypropyl methylcellulose (HPMC)], Stabiliser (croscarmellose sodium), Glazing Agent (calcium carbonate, isomalt, medium chain triglycerides), Anti-caking Agent (veg. stearic acid, silicon dioxide, veg. magnesium stearate).										
Suitability	Vegan		Yes		Vegetarian		Yes				
Quality Requirements	All the ingredients meet the requirements of USP/NF, BP, EP, BHP pharmacopoeia or supplier specifications										
Expiration Period	Three years from date of manufacture										
Storage	Store in a cool dry place, keep out of sight and reach of children										
Caution	None currently known										
Disclaimer	Use product according to directions stated on the pack. Food supplements should not be used as a substitute for a varied and balanced diet, and healthy lifestyle. Please check with your primary healthcare physician before taking this supplement if you suffer from a medical condition, are on prescribed medication, are pregnant or breastfeeding or suffer from food allergies. Food supplements are not intended to treat or prevent any disease. Do not use after the expiry date.										

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