



Lime & Blackberry Flavour

Advanced Liposomal Nutrient Delivery System

One 10ml serving provides		%EU NRV*
Magnesium Bisglycinate	2000mg	§**
Of which Magnesium	160mg	43%

*NRV = Nutrient Reference Value per 10ml serving

** NRV not established, per 10ml serving

Directions: Shake before use. For adults and teens (13+), take 10ml (2 teaspoons) daily. For children (5-12yrs), take 5ml (1 teaspoon) daily. Dilute in approx. 150ml of water, a cold drink, or a smoothie. Can be taken directly from the spoon. Dilution offers a more pleasant experience.

Storage Notices: Once opened, refrigerate but do not freeze, use within 60 days. Replace cap

after use. Store out of reach and sight of children.

Ingredients: Purified Water, Vegetable Glycerin, Magnesium Bisglycinate, Phospholipids (from sunflower lecithin) containing Phosphatidylcholine, Natural Flavourings (Lime, Blackberry), PH Adjuster (Malic Acid), Natural Antioxidant (Vitamin E).

Warning Notices: Do not exceed recommended dose. Food supplements must not be used as a substitute for a balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or pharmacist before taking this supplement.

25 Servings / 250ml