



Ingredients: Sparkling Spring Water, TripleMG (Magnesium Citrate, Threonate and Glycinate)

Nutrition Value per 100ml: Energy 4kJ/1kcal; Fat 0g, of which saturates 0g, Carbohydrates 0.24g, of which sugars 0g, Protein 0g, Salt 0.01g; **Per 330ml:** Magnesium 60mg (16% NRV*). **Magnesium helps reduce tiredness and fatigue.** *NRV=Nutrient Reference Value.



Ingredients: Sparkling Spring Water, Raspberry Extract, Lemon Balm Extract, TripleMG (Magnesium Citrate, Threonate and Glycinate), Raspberry Flavouring, Acidity Regulator (Citric Acid)

Nutrition Value per 100ml: Energy 5kJ/1kcal; Fat 0g, of which saturates 0g, Carbohydrates 0.3g, of which sugars 0g, Protein 0g, Salt 0.01g; **Per 330ml:** Magnesium 60mg (16% NRV*). **Magnesium helps reduce tiredness and fatigue.** *NRV=Nutrient Reference Value



Ingredients: Sparkling Water, Rosemary Extract, Ashwagandha Extract, TripleMG (Magnesium Citrate, Threonate and Glycinate), Peach Flavouring, Acidity Regulator (Citric Acid).

Nutrition Value per 100ml: Energy 5kJ/1kcal; Fat 0g, of which saturates 0g, Carbohydrates 0.3g, of which sugars 0g, Protein 0g, Salt 0.02g; **Per 330ml:** Magnesium 60mg (16% NRV). **Magnesium helps regulate the nervous system and contributes to normal psychological function.** *NRV=Nutrient Reference Value. Contains Ashwagandha, not advisable to consume if pregnant or breastfeeding.



Ingredients: Sparkling Spring Water, Blackcurrant Extract, TripleMG (Magnesium Citrate, Threonate and Glycinate), Blackcurrant Flavouring, Acidity Regulator (Citric Acid), Vitamin C (Ascorbic Acid)

Nutritional Value per 100ml: Energy 6kJ/1kcal; Fat 0g, of which saturates 0g, Carbohydrates 0.3g, of which sugars 0g, Protein 0g, Salt 0.01g; **Per 330ml:** Magnesium 60mg (16% NRV). **Magnesium helps reduce tiredness and fatigue.** *NRV=Nutrient Reference Value.