

MAG365 Magnesium Supplement for Kids 150g

FOOD SUPPLEMENT with sweetener, providing Magnesium, Zinc and vitamins C, D and K

SUGGESTED USE: Individual needs may vary. Start with ½ teaspoon (1g) and gradually increase to desired dose. **MAG365** can be taken during or outside meals. Do not exceed the recommended daily intake. Intake can be taken at one time or split into 2 or 3 portions and taken during the day.

DIRECTIONS: Mix in a glass or mug with 20–30 ml of hot water. Let it fizz, then stir until dissolved. Fill the remainder of the glass or mug with warm or cold water and enjoy. A food supplement should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

STORAGE: Keep dry. Keep out of reach of young children. Best before end | Batch number: see bottom.



**YOUR
EVERYDAY
MAGNESIUM**

Food supplement | Net weight: 150g

MAGNESIUM

MAG365

KIDS

Zinc is a mineral essential for normal growth and, together with vitamin C, helps maintain the immune system.

PRODUCT INFORMATION

Serving Size:	2.1g (1 tsp)		3g (1.5 tsp)	
	Age 4-6	% NRV*	Age 7-10	% NRV*
Vitamin D ₃	8.75 µg (350 IU)	175	12.5 µg (500 IU)	250
Vitamin K2	35 µg	47	50 µg	67
Vitamin C	56 mg	70	80 mg	100
Vitamin B1	0.7 mg	64	1.0 mg	91
Vitamin B6	1.4 mg	100	2 mg	143
Calcium	70 mg	9	100 mg	13
Magnesium	140 mg	37	200 mg	53
Zinc	5.6 mg	56	8 mg	80

*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium Citrate (Created from Citric Acid and Magnesium Carbonate,) Calcium Lactate, Vitamin C (as Calcium Ascorbate), Zinc Picolinate, Vitamin D3 (Cholecalciferol Vegan from Lichen), Vitamin K2, Vitamin B6 (as Pyridoxine HCl), Thiamin (Vitamin B1). Natural flavouring. Sweetener: steviol glycosides.



ITL Health Limited

NATURE IS OUR STAR

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VEGAN • GLUTEN-FREE



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