



Magnesium Water

Hydrate

Rapidly replaces essential magnesium lost through exercise & daily stress

Contains 180mg of elemental magnesium per can (250ml) – 48% NRV

Non-carbonated for absolute refreshment with a refreshing, great-tasting blend of citrus & botanicals

Low calorie. Low sugar. No artificial sweeteners



Magnesium Water – Harder working water

Magnesium Water – Hydrate rapidly replaces essential magnesium lost through exercise & daily stress. The hydrating blend has been scientifically formulated to support the recovery of magnesium levels lost through mental and physical exertion, experienced during the stresses of a busy day.

Delivering 180mg of elemental magnesium, the unique electrolyte blend of magnesium glycinate, magnesium citrate and Irish sea minerals has been formulated to maximise absorption, fuelling every cell in the body.

Magnesium source

BetterYou Magnesium Water consists of a unique triple-blend of magnesium sources to maximise absorption and effectiveness in the body, including:

Magnesium Citrate

Considered one of the most absorbable forms of magnesium within the gut, when compared to more common forms such as oxide. Magnesium citrate is a salt containing magnesium and citrate ion in a 1:1 ratio. It's highly soluble and bioavailable, making it an ideal form to supplement in your diet. Our magnesium citrate is sourced from naturally derived marine magnesium.

Magnesium Glycinate

Bonded by two glycine molecules, a component of protein, magnesium glycinate is best known for its use in regulating neuromuscular contractions, supporting muscle recovery. Again, a highly bioavailable and soluble form of magnesium, it acts quickly in the body to restore lost magnesium through daily stresses.

Irish sea minerals

To enhance the formulation further, we've included a natural magnesium source produced from seawater from the Irish Sea. The marine multi-mineral complex is high in magnesium and rich in 72 trace-minerals, including calcium, zinc and potassium ensuring an exceptional electrolyte balance.

Ingredients

Water, agave nectar, acid; citric acid, natural flavourings, magnesium citrate, bergamot extract, magnesium glycinate, sodium chloride, antioxidant; ascorbic acid.

Advisory information

Supplements should not replace a healthy diet and exercise.

Planet-friendly product

This can is crafted from 100% recyclable aluminium, ensuring infinite recyclability without compromising material quality. This product is free from any palm oil and palm oil derivatives.

Nutritional Information				
Serving per can: 1 (serving size 250ml)				
	per 100ml	%RI* per 100ml	per 250ml can	%RI* per 250ml
Energy kJ	34kJ	0%	85kJ	1%
Energy in kcal	8kcal	0%	20kcal	1%
Fat (g) - of which saturates (g)	0g 0g	0% 0%	0g 0g	0% 0%
Carbohydrates (g) - of which sugars (g)	1.2g 1.2g	1% 1%	3g 3g	3% 3%
Fibre (g)	0g	0%	0g	0%
Protein (g)	0g	0%	0g	0%
Salt (g)	0.030g	1%	0.075g	1%
Minerals	per 100ml	%NRV** per 100ml	per 250ml can	%NRV** per 250ml
Magnesium (mg)	72mg	19%	180mg	48%

*Reference intake of an average adult (8400kJ/2000kcal) **Nutrient reference value

Magnesium Water Hydrate

A hydrating blend of lime & bergamot to replace essential magnesium.

RRP

£9.99 (4 pack)

Product dimensions (mm)

(H x W x D)

Individual can:

135 x 52 x 52

Case of 4:

137.5 x 105 x 105

Suitable for

Suitable from 3 years and above

Use during pregnancy and breastfeeding

Suitable for vegetarians and vegans

No known contraindications

Exceptional quality, guaranteed:

Low sugar

Low calorie

Zero artificial sweeteners

Vegan

Gluten free

Electrolyte-rich



 Developed in Britain

BetterYou®