



Magnesium Max Lemon & Lime Powder Drink Mix

Scientifically developed triple blend of Magnesium Glycinate, Magnesium Citrate & Magnesium Malate

Lemon & Lime flavour powder to add to water

Contains 375mg elemental magnesium, per dose – 100% of your NRV

Fast absorbing · Fast acting · Easy to use



A triple blend Magnesium drink formulation delivering fast, effective nutrient absorption for better performance, recovery and sleep.



Effective magnesium absorption



100% natural source



Suitable for vegetarians and vegans



Natural muscle relaxant

Magnesium source

BetterYou Magnesium Powders' consist of a unique triple blend of magnesium sources to maximise absorption and effectiveness in the body, including:

Magnesium Glycinate

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

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. Helps to improves calcium absorption to support bone health.

Magnesium Malate

A highly absorbable form to help improve energy production and is a key part of the Krebs cycle, helping every cell in the body to use oxygen to create energy.

Ingredients

Magnesium 3-in-1 (magnesium citrate, magnesium glycinate, magnesium malate), citric acid, natural lemon and lime flavouring, stevia.

Advisory information

Supplements should not replace a healthy diet and exercise. Keep out of sight and reach of children.

Planet-friendly product

This packaging can be recycled with other household plastics.

This product is certified free from any palm oil and palm oil derivatives.

Calories	Per 100g	Per serving (4.5g)	% reference intake per serving
Energy	334kj/80kcal	15.03kj/3.6kcal	<0.18%
Fat	0g	0g	0g
Saturated Fat	0g	0g	0g
Carbohydrate	0g	0g	0g
Sugars	0g	0g	0g
Fibre	0g	0g	0g
Protein	0g	0g	0g
Salt	0g	0g	0g
Magnesium	18.75g per 100g	375mg per serving	375mg = 100% RI

Magnesium content	
Add half a teaspoon (4.5g)	375mg

RRP	Product size	Case size	Dosage
£14.99	135g	6	4.5g

Magnesium Max Lemon & Lime

Lemon & lime flavoured powder.

RRP

£14.99

Product size

135g

Bottle dimensions (mm)

(H x W x D)

160 x 140 x 80

Suitable for

Vegetarians

Vegans

Diabetics

Coeliacs

Exceptional quality,
guaranteed



Developed
in Britain

BetterYou®