

# MAGNESIUM CITRATE

## 500mg providing 80mg elemental Magnesium

M567



VEGAN

VEGETARIAN

Magnesium Citrate is the best of the non-food forms of magnesium. In citrate form it is readily absorbed into the bloodstream. This product provides 80mg of elemental magnesium per capsule. Magnesium is needed as a cofactor for over 300 enzymes.

### Product Information:

90 capsules = 45-90 days supply

### Permitted Health Claims:

Magnesium contributes to normal:

- energy-yielding metabolism, functioning of the nervous system, muscle function, protein synthesis, psychological function

Magnesium contributes to:

- the reduction of tiredness and fatigue, electrolyte balance, the maintenance of normal bones and teeth

Magnesium has a role in the process of cell division

### Suitable for:

Men, women, and children (aged 4 and over)

### Form:

Capsule



### Food State Magnesium

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
Magnesium citrate	500mg	*
providing		
Elemental magnesium	80mg	21
+NRV = Nutrient Reference Value		
* Indicates no NRV		

**Ingredients:** Magnesium citrate, microcrystalline cellulose, calcium stearate, hydroxypropyl methylcellulose (capsule shell).

**Suggested Intake:** 1-2 capsules daily with food as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** None.

**Storage:** Keep cool, dry & out of direct sunlight.

