



## Magnesium 400 supra Capsules

Food supplement

Highly dosed, only 1 capsule daily!



### Good to know:

Magnesium is an essential mineral that is found mainly in the bones, muscle cells and blood. In the human body, magnesium plays an important role in

- a normal muscle function, particularly in sports or physical activity and thus promotes the well-being - including at night - with eased, relaxed muscles and calves.
- the maintenance of normal bones and teeth
- a healthy energy metabolism and the reduction of tiredness and fatigue.
- a normal function of the nervous system and the psyche

Already 1 capsule per day covers the magnesium requirement of an adult!

**Ingredients:** Magnesium oxide (52 % Magnesium), Gelatin, anticaking agent: Magnesium Stearate.

Each capsule contains 670 mg magnesium oxide which corresponds to 400 mg pure magnesium.

	per capsule (= daily dose)	% of the daily intake according to NRV*	per 100 g capsules
Magnesium	400 mg	107	52 g

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**Directions for use:** Take 1 capsule daily. Swallow the capsules whole with a meal and with sufficient liquid.

Keep out of direct sunlight. Do not store above 25 °C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of small children. The recommended daily dose should not be exceeded.

**Content 120 capsules = 91 g**

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