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NUTRITIONALS

WHOLE FOOD  
BASED

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# MAGNESIUM COMPLEX

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**MAGNESIUM COMPLEX****Food supplement**

Magnesium is an essential mineral required for hundreds of biochemical reactions in the body, including contributing to reduction of tiredness and fatigue. It also contributes to normal functioning of the nervous system and muscle function.

**Ingredients:** magnesium bisglycinate, magnesium oxide, magnesium salts of citric acid, bulking agent: microcrystalline cellulose; red beet powder, kale powder, cruciferous mix (radish, kale and broccoli extracts), anti-caking agents: fatty acids, silicon dioxide; stabiliser: cross-linked sodium carboxy methyl cellulose; bulking agent: calcium carbonate; glazing agent: hydroxypropyl methylcellulose; humectant: glycerin.

**Recommended daily intake:** 1 to 2 tablets per day. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Keep out of reach of children. Store in a cool and dry place.

**Lot number & Best before end:** See on the packaging.

**Nutrition Information:**

	Per 2 tablets	% NRV*
Magnesium	300 mg	80%
Beetroot ( <i>Beta vulgaris</i> )	20 mg	
Kale ( <i>Brassica oleracea acephala</i> )	20 mg	
Cruciferous mix: radish ( <i>Raphanus sativus</i> ), kale ( <i>Brassica oleracea var. acephala</i> and <i>var. viridis</i> ) and broccoli ( <i>Brassica oleracea italica</i> )	10 mg	

(\*) NRV: Nutrient Reference Value

**Manufactured by:** ProTab Laboratories, Inc., Foothill Ranch, CA 92610, U.S.A.

**Distributed by:** NeoLife International Ltd., Old Bank Chambers, 582-586 Kingsbury Road, Erdington, Birmingham B24 9ND, UK.

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60 tablets - Net weight **47 g**