

MAGNESIUM (CITRATE)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

Description

Magnesium (citrate) is a highly bioavailable magnesium chelate providing 300 mg of magnesium in each 2 capsule serving for convenient use. Magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Health Benefits and Product Features

- ✓ Highly bioavailable magnesium citrate
- ✓ Provides 300 mg of magnesium per 2 capsule serving
- ✓ Helps replenish low magnesium levels
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Contributes to normal muscle function and the maintenance of normal bones and teeth
- ✓ Contributes to electrolyte balance

Free From

All Pure Encapsulations® products are free-from: Wheat and gluten, Egg, Peanuts, Trans fats and hydrogenated oils, GMOs, Magnesium stearate, Titanium dioxide, Carrageenan, Coatings and shellacs, Artificial colors, flavors and sweeteners, Unnecessary binders, fillers and preservatives.



Vegetarian



Vegan



Gluten Free



Soy Free



Dairy Free



Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Magnesium (as citrate)	300 mg	80%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 2 capsules once daily, with a meal, or as directed by a healthcare professional.

Ingredients

Magnesium citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Servings per container
MC9UK	90	2 capsules	45

Precautions

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated daily dosage. Keep out of the reach of young children.