

PRODUCT INFORMATION:

Two tablets typically provide:

Magnesium	100mg	%NRV*	26
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* **NRV** = Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: magnesium chloride with enzyme digested *Saccharomyces cerevisiae* (with **soya**); bulking agent: microcrystalline cellulose; anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel).

*(vegetarian source)

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, starch, wheat.

Suitable for vegetarians and vegans.
This product is not tested on animals.



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TABLETS

higher nature®

TRUEFOOD®

MAGNESIUM FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD® MAGNESIUM

Food State Nutrition - Nutrients provided in a true food form that your body recognises as food.

- ✓ Magnesium contributes to reduction of tiredness and fatigue.
- ✓ Magnesium contributes to normal muscle function.

DIRECTIONS:

Adults take 2 - 3 tablets a day (children over 8 years, 1-2 tablets) a day, with or between meals or as your health professional advises. Do not exceed recommended daily intake.

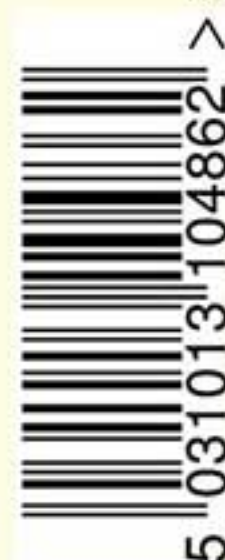
Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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