

## PRODUCT INFORMATION:

Two tablets typically provide:

		%NRV*
Magnesium	100mg	26

\*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). (Allegrens in **bold**)

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

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

This product has not been tested on animals.

# HIGHER NATURE®

EVERYDAY ESSENTIALS

## MAGNESIUM

Vital mineral

180 tablets  
vegetarian and vegan



## MAGNESIUM

### FOOD SUPPLEMENT - 180 TABLETS

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

**DIRECTIONS:** Adults take 2-3 tablets (children 8 and over 1-2 tablets) a day with meals. 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 place out of reach of children.

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