

PRODUCT INFORMATION:

One capsule typically provides:

Aquamin™ marine magnesium	300mg	% NRV*	80
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*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium hydroxide (marine magnesium), capsule: hydroxypropyl methylcellulose, anti-caking agent: magnesium stearate.**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast.**STORAGE:** Store in a cool, dry place out of reach of children.

HIGHER NATURE®

EVERYDAY ESSENTIALS

SUPER MAGNESIUM

300mg
Natural source30 capsules
vegetarian and vegan**SUPER MAGNESIUM
FOOD SUPPLEMENT - 30 CAPSULES**

- ✓ Marine source – natural magnesium and easily absorbed
- ✓ High strength yet gentle on the gut
- ✓ Vital for muscle function, energy release and reducing tiredness
- ✓ Also needed for bones and teeth, the nervous system and psychological function

DIRECTIONS: Adults and children 13 and over take 1 capsule 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.

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This product has not been tested on animals.