

**PRODUCT INFORMATION:**

One capsule typically provides:		%NRV*
Aquamin™ marine magnesium	300mg	80

\*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 source



90 capsules  
vegetarian and vegan

## SUPER MAGNESIUM FOOD SUPPLEMENT - 90 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.