



Swiss BioEnergetics

Magnesium Citrate

500mg Capsules providing 150mg of active elemental Magnesium

High Potency – Easily Absorbable – Highly Bioavailable

Suitable for Vegetarians and Vegans



Food Supplement
150mg 120 Capsules

DIRECTIONS:

Adults, take 1 capsule 1 to 2 times per day
Do not exceed recommended amount.

PRODUCT INFORMATION:

One capsule typically provides

Magnesium	150mg (40% NRV*)
From Magnesium Citrate	500mg

*Nutrient Reference Value

INGREDIENTS:

Magnesium Citrate, Capsule Shell: Hydroxypropyl Methylcellulose,
Bulking Agent: Brown Rice Flour, Magnesium Stearate, Silicon Dioxide.

ALLERGY ADVICE:

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that also handles allergy-based materials such as nuts, seeds, milk, egg, cereals, soya, mustard, celery, fish, crustaceans and sulphites.

CAUTIONS:

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

BEST BEFORE:

For best before end and batch number see base.

Manufactured in the UK to GMP code of practice for:
Countercom Ltd, 310 Harrow Road, Middlesbrough,
HA9 6LL

Email: service@swissbioenergetics.com
Web: www.swissbioenergetics.com

