



IMPORTANT INFORMATION: Do not exceed recommended daily dosage. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not recommended for use by pregnant or lactating women. If you are taking any medications, are under medical supervision, have an existing medical condition or symptoms of illness, consult your doctor before use. Using this supplement at the same time as other food supplements may result in excessive nutrient dosages, consult a qualified professional if you are unsure. Discontinue use and contact a doctor immediately if any adverse reactions occur. Not intended for use by persons under the age of 18. Do not use if seal is broken or missing. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any medical condition, illness or disease. Store in a cool, dry place. Keep out of the reach of children. For best before end and lot: see lid or base.

Suitable for vegetarians.

MADE FOR: Euro Nutrition Ltd, 551-553 Wallisdown Road, Poole, BH12 5AG, United Kingdom.

ILN, ZM6 and Iron Labs Nutrition are trademarks of Euro Nutrition Ltd.

G135

ILN

ZM6

180 VEGETARIAN
CAPSULES

ZINC MAGNESIUM COMPLEX

**WITH MAGNESIUM WHICH CONTRIBUTES
TO THE MAINTENANCE OF NORMAL
MUSCLE FUNCTION**

FOOD SUPPLEMENT

DIRECTIONS: Take 2 capsules per day. Take capsules with a glass of water.

Nutritional Information

Serving Size: 2 capsules

Servings per Container: 90

Per Serving (2 capsules)		%RI*
Vitamin D	4 µg	80%
Riboflavin	3 mg	214%
Niacin	3 mg NE	19%
Vitamin B6	10 mg	714%
Vitamin B12	16 µg	640%
Biotin	33 µg	66%
Magnesium	367 mg	98%
Zinc	20 mg	200%

* Reference Intake

INGREDIENTS: Magnesium Oxide, Bulking Agent (Microcrystalline Cellulose), Capsule Shell (HydroxyPropyl MethylCellulose), Bulking Agent (Dicalcium Phosphate), Zinc Oxide, Cyanocobalamin (B12), Anti-Caking Agent (Magnesium Stearate), Pyridoxine Hydrochloride (B6), Anti-Caking Agent (Silicon Dioxide), Riboflavin, Nicotinamide, Cholecalciferol (D3), D-Biotin.