Directions: 1 capsule taken 3 times daily with food, or as professionally directed.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan

Magnesium & calcium contribute to the maintenance of normal bones & normal muscle function.



Magnesium Calcium Complex

For bone & muscle support

90 vegetable capsules Food supplement

Product information per daily intake: 3 capsules

%EC NRV*

154mg

216mg

Calcium Magnesium

"NRV = Nutrient Reference Value

Ingredients:
Magnesium Succinate, Calcium Succinate,
Capsule Shell (Hydroxypropyl Methylcellulose),
Anti-Caking Agent (Magnesium Stearate).