



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 contributes to the reduction of tiredness & fatigue, normal psychological function & the maintenance of normal bones & muscle function.

BioCare®



Magnesium Citrate

For energy, mental health & wellbeing, bone & muscle support

90 vegetable capsules
Food supplement

**Product information per daily intake:
3 capsules**

| | | %EC NRV* |
|-----------|-------|----------|
| Magnesium | 300mg | 80 |

*NRV = Nutrient Reference Value

Ingredients:

Magnesium Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Rice Hull.