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UK - BioCare Ltd
1 Medway Road, Biddenden
BN8 9ET, UK
T: +44 (0)1323 433 3727
www.biocare.co.uk

EU - BioCare Ltd
Singer 250, 1076 AB
Amsterdam, NL

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 normal functioning of the nervous system and normal psychological function.

BioCare®



Magnesium Phospholipid Complex

Magnesium glycinate & citrate for nervous system support with phosphatidyl serine

90 vegetable capsules
Food supplement

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

		%EC NRV*
Magnesium	300mg	80
Sunflower Lecithin (Sharp-PS Green®)	99mg	-
Providing:		
Phosphatidylserine	60mg	-

*NRV = Nutrient Reference Value

Ingredients:

Magnesium Citrate, Magnesium Bisglycinate, Capsule Shell (Hydroxypropyl Methylcellulose), Sunflower Lecithin (Sharp-PS Green®), Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate).