



Directions: ½ teaspoon (approx. 1.5g) taken daily with food or as professionally directed. For best results, mix the powder into water or juice and stir straight away.

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 Powder

Magnesium malate & citrate for energy, mental health & wellbeing, bone & muscle support

90g powder
Food supplement

Product information per daily intake: 1.5 grams

Magnesium	200mg	%EC NRV*	53.3
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*NRV = Nutrient Reference Value

Ingredients:

Magnesium Malate, Magnesium Citrate.

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