

Directions: 1 capsule taken twice 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 normal psychological function and normal muscle function, including the heart muscle.

BioCare®



Magnesium Taurate

For mental health & wellbeing
& muscle function

60 vegetable capsules
Food supplement

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

		% EC NRV*
Magnesium	146mg	39
(from 1574mg Magnesium Taurate)		

*NRV = Nutrient Reference Value

Ingredients:

Magnesium Taurate, Capsule Shell
(Hydroxypropyl Methylcellulose).

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