

This formula contains magnesium in the form of magnesium bisglycinate, where each magnesium particle is bound to two (bis) molecules of the amino acid glycine. This is one of the best researched and most effective forms of magnesium. Magnesium bisglycinate is stable and is particularly well absorbed in the gastrointestinal tract. Magnesium is one of the most important minerals for the human body, and crucial for good health. It is recommended to take at least 345 mg of magnesium daily. Magnesium supplementation is therefore important for most people.

Recommended Dosage: Adults take 1-2 tablets daily, or as recommended. Best taken with meals. Do not exceed the recommended dosage. Suitable for Vegans.

Lot Nr.:

Best End Before:



MAGNESIUM BISGLYCINATE

150 MG MAGNESIUM

60 TABLETS

Each tablet (Daily Portion) contains:	%RI*
Magnesium (as bisglycinate).....150 mg	40

* RI = EU Reference Intake

Ingredients: Magnesium bisglycinate, bulking agent (mikrocrystalline cellulose), Bioflavonoids, Anti-caking agent (Rice Extract, Rice Concentrate), Glazing agent (Hydroxypropylmethyl Cellulose, Stearic Acid, Glycerine, Carnaubawax).

Food Supplement, containing minerals..
A food supplement should not be used as a substitute for a varied diet.

Storage: Store in a dark, dry place, out of reach of young children.

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