

## FOOD SUPPLEMENT

### Product information:

One capsule typically provides:		%NRV <sup>†</sup>
Magnesium (from filtered seawater)	300mg	80

<sup>†</sup>NRV = Nutrient Reference Value

**Ingredients:** Magnesium hydroxide (marine source), capsule shell (hydroxypropyl methylcellulose).

**Directions:** Adults and children 13 years and over, take 1 capsule daily with or without food. If preferred, capsule contents can be mixed into food or drink. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**Warning:** If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product.

**Storage:** Store in a cool, dry place out of reach of children.

# HIGHER NATURE<sup>®</sup>



## Atlantic Marine Magnesium

### Superior strength



High potency



Scientifically proven



Sustainably sourced

Natural source, no synthetics

90 vegan capsules

- ✓ Sustainably sourced from filtered seawater which is naturally rich in trace minerals
- ✓ High strength and pure fill; no synthetics or additives
- ✓ Ideal for busy modern lifestyles
- ✓ Supports energy, bones and muscles, normal psychological and nervous system function\*

\* Magnesium contributes to normal: energy-yielding metabolism, functioning of the nervous system, muscle function, psychological function and the maintenance of normal bones.

[highernature.com](https://highernature.com)



PRODUCT INFO



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