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EU - BioCare Ltd  
 Singel 250, 1016 AB  
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**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®), Rice Fibre, Antioxidant (Ascorbyl Palmitate).