

Magnesium Citrate



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Food Supplement
500mg

High Potency

60 Vegetarian Capsules

Magnesium (Citrate) 500mg

Magnesium (citrate) 500mg. This mineral is bonded to citric acid, a more bi-available form. Citrates are easily assimilated, as they require little acid prior to absorption. Magnesium improves the absorption and retention of calcium.

Ingredients One (1) vegetarian capsule will provide: %ECRDA

Magnesium (citrate)	500mg	166
Vegetable cellulose capsule	90mg	
Silica.....	10mg	

Suitable for Vegetarians and Vegans

Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, salt, preservative, colourings, yeast or starch.

Directions for use

As-a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken.

Freshness and potency assured if stored in a cool dry place. Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.

Manufactured in the UK

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