



## Magnesium 400 mg Capsules

Nutritional supplement  
1 capsule daily!

### Useful information:

Magnesium is an essential mineral that is mostly found in the bones, muscle cells and blood. In the human body magnesium performs many different important functions.

It is, for example, needed for

- Magnesium supports a normal muscle function, especially in sports and physical activity and promotes the well-being - also at night –, helps muscles and calf muscles to relax and loosen up,
- helps maintain strong, healthy bones and teeth,
- contributes to a healthy energy metabolism and to a decrease of fatigue and exhaustion
- and a normal function of the nervous system and the psyche.

**Each capsule contains** 670 mg of magnesium oxide which equals 400 mg of pure magnesium.

**Ingredients:** Magnesium Oxide, Gelatin, Magnesium Stearate (anti-caking agent).

	per capsule (= daily dose)	% of the recommended daily requirement (NRV)*	per 100 g capsules
Magnesium	400 mg	107 %	52 g

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

**Recommended dosage:** Take 1 capsule daily with a meal. The capsule should be swallowed whole with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of little children. Do not exceed the recommended daily dose.

**Contents 180 capsules = 137 g**

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*Ihre Gesundheit liegt uns am Herzen!*