

High Potency Magnesium 300mg

90 Tablets

£10.95

Ingredients: Magnesium Oxide, Bulking Agents: (Microcrystalline Cellulose, Maltodextrin), Modified Maize Starch, Anti-caking Agent: (Magnesium Stearate).

Suitable for vegetarians and vegans.

Recommended daily intake: Take 1 tablet with food.

If you are taking Magnesium Oxide to help with constipation, take 1 tablet with breakfast and 1 with evening meal or as recommended by a practitioner. You can go up to 3 tablets twice daily if required.

Nutritional information: Magnesium is responsible for many functions in the body. More specifically it contributes to the maintenance of bones and teeth and the normal function of the nervous and muscular system.