

## Magnesium Stress Free

**Dietary supplement**

**Easy to swallow tablets.**

Magnesium Stress Free is especially recommended for those who feel fatigue, irritability, and during periods of intense intellectual work. It strengthens the nervous system, combats stress, improves concentration, and enhances mood. Magnesium Stress Free alleviates feelings of fatigue and improves sleep patterns

Varied diet and healthy lifestyle are important in maintaining physical health and well-being.



### Content:

**Ingredients:** magnesium complex: magnesium oxide, magnesium citrate, magnesium lactate; bulking agent: cellulose (E 460); extract from herb of lemon balm (*Melissa officinalis* L.); anti-caking agents: polyethylene glycol (E 1521), polyvinylpyrrolidone (E 1201); vitamin B6 (pyridoxine hydrochloride).

Content of of vitamins, minerals and other active ingredients in a recommended daily intake - 2 tablets (% of NRV\*):

Magnesium	112 mg	(30%)
Vitamin B6	2,8 mg	(200%)
Extract from herb of lemon balm	120 mg	-

\*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

### How to use:

Use: Swallow tablet with small amount of water.

**Recommended daily intake:**

2 tablet daily.

Do not exceed the recommended daily intake of the product.

Dietary supplement should not be used as a substitute for a balanced and varied diet

**Product may contain lactose (from milk)**

## Packing:

- 60 tablets
- Net weight: 18 g (60 tablets  $\times$  0,3 g)

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