



Polski Lek®

Plussz 100% Magnesium Forte + B-Complex

Dietary supplement.

Effervescent tablets, orange-grapefruit flavour.

No added sugar. Contains powdered fruit juice.

Contains sweeteners.

Plussz 100% Magnesium Forte + B-Complex is a specialised preparation containing 100% of the daily Reference Intake for adults in 1 tablet. Plussz 100% Magnesium Forte + B-Complex reduces tiredness and fatigue and supports the nervous system. In addition, the preparation contains B-complex - the 5 most important B vitamins. Recommended for people suffering from fatigue and weariness, in stressful situations and for people who drink tea and coffee. Plussz 100% Magnesium Forte + B-Complex contains powdered fruit juice and no added sugar.

Magnesium helps in the proper functioning of the nervous system and muscles.

Thiamin and Biotin support the nervous system.

Niacin helps maintain normal psychological function.

Vitamin B6 and B12 help reduce tiredness and weariness.

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



Content:

Ingredients: acidity regulator: citric acid; magnesium carbonate; acidity regulator: sodium carbonate; bulking agent: sorbitols; flavours; vitamins (nicotinic acid amide, pyridoxine hydrochloride, thiamine mononitrate, D-biotin, cyanocobalamin); anti-caking agents: polyethylene glycol, polyvinylpyrrolidone; beetroot powder; colour: carotenes; sweeteners: cyclamates, saccharins; coenzyme Q10; orange juice powder 0,3%.

Content of vitamins, minerals and other active ingredients in a recommended daily intake – 1 tablet (% of NRV*):

| | | |
|--------------|---------|------|
| magnesium | 375 mg | 100% |
| coenzyme Q10 | 400 mcg | - |
| thiamin | 1,1 mg | 100% |
| niacin | 16 mg | 100% |
| vitamin B6 | 1,4 mg | 100% |
| vitamin B12 | 2,5 mcg | 100% |
| biotin | 50 mcg | 100% |

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

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

How to use:

Dissolve one tablet in a glass (200 ml) of cold water.

Recommended daily intake: 1 tablet a day.

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.

Packing:

- 20 effervescent tablets, orange-grapefruit flavour.
- Net weight: 80 g (20 tablets \square 4 g)