Magnesium Calcium Tablets
a combination of minerals as a contribution to preserve bones and muscle function

Contains: 300 tablets

Information
Magnesium Calcium Tablets provide two important minerals which support our metabolism and are involved in numerous body functions.

According to the EFSA:
- Calcium is required for bone and tooth preservation and contributes to the functioning of the muscles.
- Magnesium also contributes to a normal functioning of the muscles and supports bone preservation.
- In combination, calcium and magnesium contribute to our energy metabolism.

The consumption of sufficient quantities via our diet is therefore vitally important. Magnesium Calcium Tablets provide a useful dietary supplement.

One tablet contains
100 mg calcium, 60 mg magnesium.

Ingredients
Calcium carbonate, magnesium carbonate; bulking agents: microcrystalline cellulose, maltodextrin, maize starch; release agents: cross-linked sodium carboxymethyl cellulose, magnesium salts of edible fatty acids, silicon dioxide.

Information concerning nutrients and substances with a specific nutritional effect

<table>
<thead>
<tr>
<th>nutrients</th>
<th>per recommended dose (4 capsule/day)</th>
<th>% of the reference quantity*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>400 mg</td>
<td>50%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>240 mg</td>
<td>64%</td>
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</table>

* Reference quantity pursuant to directive 1169/2011 (EU)

Dietary supplement

Recommended dosage
Two tablets to be taken twice a day.

Note
- Do not exceed the recommended daily dose of 1 capsule.
- Dietary supplements should not be used as a substitute for a balanced and varied diet. Make sure you adopt a healthy lifestyle.
- Do not store the product within the reach of small children.