

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

nutrients	per recommended dose (4 capsule/day)	% of the reference quantity*
Calcium	400 mg	50%
Magnesium	240 mg	64%

* 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.

