

# MagMAX B6



food supplement

## As much as 687 mg of magnesia citrate in one tablet!

Mag MAX B6™ is a food supplement with high magnesium content in the form of magnesium citrate, a well-absorbable source of the element, enriched with vitamins B6 and B1

Vitamin B6 and Thiamine both contribute to normal energy-yielding metabolism and normal functioning of the nervous system.

## Składniki

Nutritional information	1 tablet	2 tablets
<b>Magnesium citrate, including</b>	687 mg	1374 mg
<b>Magnesium</b>	110 mg (29,3%*)	220 mg (58,6%*)
<b>Vitamin B6</b>	2 mg (143%*)	4 mg (286%*)
<b>Vitamin B1</b>	1,1 mg (100%*)	2,2 mg (200%*)

\*NRV - nutrient reference value

**Ingredients:** magnesium salt of citric acid (trimagnesium citrate), microcrystalline cellulose -

bulking agent, magnesium stearate - anti-caking agent, pyridoxine hydrochloride - vitamin B6, thiamin hydrochloride - vitamin B1; polyvinyl alcohol, polyethylene glycol, talc, potassium aluminium silicate, polysorbate - glazing agents, titanium dioxide - colour.

## Zastosowanie

**Product intended for:** supplementing the diet, helping to provide the necessary amount of magnesium required by the organism, especially for people suffering from weakness, fatigue and increased irritability, twitching of eyelids, muscle cramps; people who are stressed, subject to increased intellectual and/or physical effort.

## Dawkowanie

**Recommended use:** 1 tablet, 1-2 times a day, after a meal.

*Do not exceed the recommended daily dose.*

*Food supplements should not be used as a substitute for a varied and balanced diet.*

*A varied and balanced diet and a healthy lifestyle are recommended.*

*Keep out of reach of children.*

Wamp Labs