



What is Magnesium+?

Magnesium is an essential mineral. It not only contributes to reduced tiredness and fatigue but also aids with the normal function of our muscles and nervous system, helps to maintain normal bones and teeth and even to normal psychological function.

The last UK National Diet & Nutrition Survey found that only half of us are getting our recommended daily intake of magnesium from our everyday diet.

Magnesium is naturally present in foods like kale and spinach, black beans, nuts, bananas and whole grains, but it's not always easy for the body to absorb, and it can get harder as you get older.

We designed Magnesium+ to be as bioavailable as possible, using a special magnesium lactate formulation that is easier to absorb than standard magnesium oxide.

This helps you obtain the level your body needs while also reducing the chance of side effects, such as an upset stomach, that can result from too much unabsorbed magnesium.

Directions

Take one capsule per day

Take in the morning or evening with or without food

No known issues taking this product with alcohol

Gluten free, lactose free

Suitable for vegetarians or vegans

Pack size: 1 x 28 capsules (28-day supply)

A special formulation more easily absorbable than standard magnesium oxide

Suitability

Contributes to a reduction of tiredness and fatigue

Contributes to normal muscle function

Magnesium plays an important role in many aspects of our health. Magnesium+ contains magnesium lactate, an organic formulation shown to be more bioavailable (easier to absorb) than standard magnesium oxide.

Ingredients

Magnesium Lactate - 574.9mg

of which Magnesium - 56.25mg

Vitamin B6 - 1.40mg

Magnesium Lactate-2-Hydrate

Capsule shell: Hydroxypropyl Methylcellulose, Titanium Dioxide

Bulking agent: Microcrystalline Cellulose

Anticaking agents: Magnesium Stearate, Silicon Dioxide

Vitamin B6 (Pyridoxine Hydrochloride)

For the complete A to Z list of ingredients information click

<https://futureyouhealthhk.com/pages/a-to-z-of-ingredient-definitions>

Manufactured in a GMP (Good Manufacturing Practice) facility in the UK

Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. If you are pregnant, breastfeeding, taking any medication or are under medical supervision, please consult a doctor or pharmacist before taking supplements. If you suffer any adverse reaction whilst using a supplement, discontinue use and consult your doctor. Keep out of reach of children. Allergens are highlighted in bold within the ingredients list.

When it comes to food supplements one size doesn't fit all, so we can't guarantee success for everyone. If you are not 100% happy please contact our Customer Care team, who can arrange to help to find an alternative that works for you.

