

- (EN) Take 1 capsule twice daily with a meal.  
(DE) Nehmen Sie täglich 2 x 1 Kapsel zur Mahlzeit ein.  
(FR) Prenez 1 gélule deux fois par jour avec un repas.  
(IT) Assuma 1 capsula due volte al giorno con un pasto.  
(ES) Tome 1 cápsula dos veces al día con una comida.

**Note:** Not recommended for children under 4 years. Pregnant and nursing women should consult the doctor before taking this product.

Lot No./ Best before end: see imprint on label  
Store tightly closed in a cool and dry place.

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Made in Europe



Vitality  
NUTRITIONALS

# Magnesium Citrate

100% PURE MAGNESIUM CITRATE  
SUPERIOR BIOAVAILABILITY

180 Capsules

## FOOD SUPPLEMENT INFORMATION

Serving Size: 1 capsule / Servings per container: 180

Amount per	1 capsule	%NRV*	2 capsules	%NRV*
Magnesium Citrate	780mg		1560mg	
of which Magnesium (elemental)	150mg	40%	300mg	80%

\*% NRV (Nutrient Reference Value) according to EU regulation

**Ingredients:** Magnesium Citrate, Plant Cellulose (capsule), Acacia Gum (bulking agent)

**Note:** Excessive consumption of Magnesium may produce laxative effects.

Guaranteed free of Gluten, Wheat, Lactose, Dairy, Soy, Yeast, Colors, Preservatives and Flavours. GMO-Free.

**Food Supplement:** Keep out of reach of small children. This product is not a substitute for a balanced diet and healthy lifestyle. Do not exceed recommended dose.

**Net Weight:** 152g/180 Capsules 302,478