

FOOD STATE MAGNESIUM

100mg elemental

M565



Biofood Magnesium is in a Food State form, giving excellent bioavailability. Our Food State Magnesium comprises 100mg of elemental magnesium per tablet. As a Food State product it is gentle and effective.

- Nature's own Biofood Magnesium is a Food State supplement. Food sources of magnesium are likely to be far better absorbed than inorganic sources.
- An organic matrix form of magnesium, complete with natural amino acid carriers to ensure transport to sites of need within the body.
- Magnesium is easily depleted from our diet by food processing, cooking and food refining techniques.
- A Food State supplement – provides nutrients in the same form as those in food and uses minerals combined in a food base of inactive *Lactobacillus bulgaricus*, a native and friendly bacterial inhabitant of the human GI tract. As these bacteria fits into normal metabolic pathways it acts as a natural carrier.

Product Information:

60 tablets = 30-60 days supply

Permitted Health Claims:

Magnesium contributes to normal:

- energy-yielding metabolism, functioning of the nervous system, muscle function, protein synthesis, psychological function

Magnesium contributes to:

- the reduction of tiredness and fatigue, electrolyte balance, the maintenance of normal bones and teeth

Magnesium has a role in the process of cell division

Food State Magnesium

1 tablet provides on average:

Active Nutrient	Strength	%NRV+
Magnesium	100mg	27

+NRV = Nutrient Reference Value

* Indicates no NRV

Ingredients: Magnesium citrate combined with inactivated *Lactobacillus bulgaricus*, microcrystalline cellulose, stearic acid, sodium carboxymethyl cellulose, hydroxypropyl methylcellulose.

Suggested Intake: 1-2 tablets daily as a food supplement or as directed by a practitioner.

Allergen Advice: None.

Contraindications: None.

Storage: Keep cool, dry & out of direct sunlight.



Suitable for:

Men, women, and children (aged 12 and over)

Form:

Tablet

