

## PATIENT INFORMATION LEAFLET

### **Magnesium Plus film-coated tablets** **dietary supplement**

***Supports the maintenance of the muscle and nervous system normal function***

#### **Supplement facts**

**Serving size:** 1 film-coated tablet

One film-coated tablet contains:

**Active ingredients:** 375 mg magnesium (as magnesium oxide), 0.55 mg of vit. B1 (thiamine), 0.70 mg of vit. B2 (riboflavin), 8 mg of vit. B3 (niacin), 3 mg of vit. B5 (pantothenic acid), 1.40 mg of vit. B6 (pyridoxine), 0.025 mg of vit. B7 (biotin), 0.00125 mg of vit. B12 (cyanocobalamin), 0.10 mg folic acid.

**Other ingredients:** povidone, microcrystalline cellulose, calcium hydrogen phosphate, croscarmellose sodium, colloidal silicon dioxide, magnesium stearate.

#### **What is Magnesium plus and what is recommended for?**

**Magnesium plus** contains optimal amounts of magnesium and vitamin B complex that synergistically contribute to normal muscle function, normal energy-yielding metabolism and normal functioning of the nervous system.

#### **What are active ingredients in Magnesium plus?**

**Magnesium** contributes to the normal functioning of the nervous system and assists the maintenance of normal muscle function. Supports the maintenance of normal bones and teeth. Also contributes to the normal functioning of the nervous system and assists the maintenance of normal muscle function.

Magnesium contributes towards normal energy yielding metabolism. It also contributes to normal psychological functions and reduction of tiredness and fatigue. Magnesium plays a role both in the synthesis of proteins and in the regulation of blood sugar levels.

**B-complex** vitamin is a mixture of eight essential B-vitamins that play important role in maintaining our body healthy. It supports healthy skin, nails, hair growth, teeth and bones.

#### **Magnesium Plus is especially recommended for:**

- ❖ muscle cramps
- ❖ headaches and migraines
- ❖ in states of mental and physical stress
- ❖ diabetics
- ❖ athletes

#### **Directions for use:**

1 tablet per day with meal or as directed by your health care professional. Do not exceed recommended daily dose.

Dietary supplements are not a substitute or replacement for a balanced diet. It is important to adhere to a balanced and varied diet and a healthy lifestyle.

**Caution:**

Do not use this product if you are allergic to any of its ingredients.

**Restrictions for use:**

The heart condition patients, pregnant or lactating women should consult a physician before use. It is not recommended for younger than 12 years of age.

Batch number and expiry date: Printed on packaging. Do not use this product after expiration date.

**Package:** 30 film-coated tablets in a blister pack, in a box.

**Storage instructions:** Store in a cool, dry place. Keep out of reach of children.

**Shelf life:** 3 years.

**Date and number of authorisation:**

**Authorisation holder:**

**Manufactured by:**

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**Country of origin:** Bosnia and Herzegovina