

# Magnesium Amino Acid Chelated 500mg

Pack Information : 75 Capsules

## Bottle Dosage

1 capsule twice daily with food, and for migraine and PMS relief - regularly take three capsules twice daily with food or advised by your healthcare professional.

## Caution

Always read the label. If symptoms persist consult your healthcare practitioner.

## Magnesium Amino Acid Chelated 500mg

Magnesium is needed for normal nerve and muscle function. It is an important nutrient for the cardiovascular system. Magnesium regulates the absorption of calcium in the body, and is important for bone density. Magnesium may assist with relief of premenstrual symptoms. Higher doses of magnesium may assist in the management of migraines. Regular use may reduce the frequency of migraines.

## Therapeutic Use

To assist with the reduction in frequency of migraine headaches.

## Active Ingredients

Magnesium Amino Acid Chelate 500mg

Equiv. to elemental magnesium 100mg

RRP: \$15.97

