

## Plusssz Magnesium Cramp

Dietary supplement.

Effervescent tablets, orange-mandarin flavour.

Contains sweeteners.

Plusssz Magnesium Cramp is a preparation containing only organic magnesium salts thanks to which it ensures optimal absorption of this element by body.

Plusssz Magnesium Cramp contains 300 mg of potassium and vitamins B6, B12, niacin, thiamine and biotin in such quantities which ensure 100% of NRV.

Plusssz Magnesium Cramp is recommended:

- for people drinking coffee and strong tea
- In increased physical and mental exercise
- For people feeling fatigue and exhaustion
- In diet poor in sources of magnesium

Magnesium contributes to decrease of feeling of fatigue and exhaustion, helps in upkeep of electrolyte balance and proper functioning of muscles. It contributes to upkeep of proper energetic metabolism.

Potassium helps in proper functioning of muscles and nervous system, helps in keeping proper blood pressure.

Niacin, thiamine, vitamins B6 and B12 help in proper functioning of nervous system.

Varied diet and healthy lifestyle are important to stay healthy.



### Content:

**Ingredients:** acidity regulators: citric acid, sodium carbonates; magnesium complex (magnesium salts of citric acid, magnesium lactate, magnesium diglycinate); bulking agent: sorbitols; potassium chloride; anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; flavours; sweeteners: saccharines, cyclamates; beetroot powder; vitamins (nicotinic acid amide, pyridoxine hydrochloride, thiamine mononitrate, D-biotin, cyanocobalamin); colour: carotenes.

Content of vitamins, mineral ingredients and other active ingredients in a recommended daily intake – 1 tablet (% of NRV):		
magnesium	112,5 mg	30%
potassium	300 mg	15%
Thiamine	1,1 mg	100%
Niacin	16 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B12	2,5 µg	100%
biotin	50 µg	100%

Product may contain **lactose** (from **milk**).

## How to use:

Dissolve one tablet in a glass (200 ml) of cold water.

**Recommended daily intake:** 1 tablet a day.

Do not exceed the recommended daily intake of the product.

Dietary supplement cannot be used as a substitute of a varied diet.

## Packing:

- 20 effervescent tablets, orange-mandarin flavour. Net weight: 86 g (20 tablets  $\square$  4,3 g)