

**Important note:** This nutritional supplement is free from genetically modified plant substances. It is free from gluten and does not contain any artificial colours or flavourings. The jars are manufactured from recyclable material.

**Ingredients:** Magnesium citrate, magnesium malate, magnesium taurate, hypromellose (capsule shell), microcrystalline cellulose filler, release agents magnesium stearate and silica, vitamin B6, vitamin D3

We are legally obliged to give the following warnings: The recommended daily intake quantities stated must not be exceeded. Nutritional supplements should not be used as a substitute for a balanced and varied diet. Keep the product out of the reach of children.

**Store in a dry place at room temperature.**

Nutritional supplement • 90 capsules **(78.5 g)**

Best before end: see base of jar

A Quality Product of Dr. Rath Health Programs B.V.

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Produced in Germany

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UK

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Responsibility for a healthy world

Dr. Rath



# Magnesium Complex™

SPECIAL-FORMULA

Nutritional supplement

**90** capsules | 3 times a day

**Dr. Rath Magnesium Complex™** contains magnesium in the form of magnesium citrate, magnesium taurate and magnesium malate as well as vitamin D3 and vitamin B6.

**Recommended dose:**  
1 capsule 3 times per day,  
at mealtimes

**Three capsules contain:**

		NRV* %
Magnesium .....	300 mg	80
<i>(Magnesium citrate, magnesium malate, magnesium taurate)</i>		
Vitamin D3 .....	1.5 µg	30
Vitamin B6 .....	0.7 mg	50

\*NRV (Nutrient Reference Values)  
= Percentage of nutrient reference  
values according to Regulation (EU)  
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