

**Magnesium Tablets**  
**90 x 300mg Tablets**  
**Food Supplement**

Magnesium contributes to the maintenance of bones and teeth, normal functioning of the muscle and nervous system, reduction of tiredness and fatigue

Expertly created for pelvic health specialists Kegel8 here in the UK to ensure top quality, always.



Made for: Kegel8, Savantini House, Foster Street, Hull, United Kingdom. HU8 8BT

Kegel8®

# Magnesium

300mg

90  
Tablets

Dietary Supplement

**Nutritional Information:**

Each tablet provides on average 300mg of magnesium, which is 80% of the Reference Intake.

**Ingredients:** Magnesium Oxide, Bulking Agents: (Microcrystalline Cellulose, Maltodextrin), Modified Maize Starch, Anti-caking Agent: (Magnesium Stearate).

**Directions:** Take one tablet a day. Recommended for adults and children over the age of 12. Do not exceed the recommended daily intake.

**Best Before End:** Store in a cool dry place out of sight and reach of children. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.