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Wassen Magnesium-OK 90 Tablets

Ingredients

Magnesium Oxide, Bulking Agents (Microcrystalline Cellulose Hydroxypropylmethyl Cellulose), Zinc Gluconate, Magnesium Citrate, Vitamin C (Ascorbic Acid), Anti caking Agents (Magnesium Stearate, Stearic Acid, Silicon Dioxide, Rice Protein), Selenium **Yeast**, Tablet Coating (Shellac, Isomalt, Glycerol, Calcium Carbonate, Colour: Curcumin, Citric Acid), Vitamin E Acetate Preparation (d-alpha Tocopherol Acetate), Copper Gluconate, Vitamin D3 Preparation (Maltodextrin, Ethyl Cellulose, Tocopherol Rich Extract, Medium Chain Triglycerides, Cholecalciferol), Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Vitamin B12 Preparation (Mannitol, Cyanocobalamin), Folic Acid, Potassium Iodide, Chromium Chloride.

Allergy Advice: Please see ingredients in **bold**.

NUTRITIONAL INFORMATION

One tablet provides:		%NRV*
Vitamin D	2.5µg	50%
Vitamin E	10mg α-TE	83%
Vitamin C	30mg	37.5%
Thiamine (Vitamin B1)	5mg	455%
Riboflavin (Vitamin B2)	5mg	357%
Vitamin B6	10mg	714%
Folic Acid	200µg	100%
Vitamin B12	10µg	400%
Magnesium	145mg	39%
Zinc	8mg	80%
Copper	1mg	100%
Selenium	25µg	45%
Chromium	50µg	125%
Iodine	100µg	67%

*Nutrient Reference Value formerly known as RDA

mg = milligram

µg = microgram

α-TE = d-alpha tocopherol equivalents