

2557010

Wassen Magnesium-B 30 Tablets

Ingredients

Magnesium Oxide, Bulking Agents: Microcrystalline Cellulose, Dicalcium Phosphate, Silicon Dioxide; Anti-caking Agents: Stearic Acid, Silicon Dioxide, Magnesium Stearate, Purified Talc; Vitamin C (Ascorbic Acid), Coating: [Glazing Agent: Hydroxypropyl Methyl Cellulose; Colours: (Titanium Dioxide, Iron Oxides)]; Vitamin B6 (Pyridoxine Hydrochloride), Gelling Agent: Cross-Linked Cellulose Gum; Betaine Hydrochloride, Niacin (Nicotinic Acid), Pantothenic Acid (Calcium Pantothenate), Vitamin B12 (Cyanocobalamin), Thiamin (Thiamin Nitrate), Riboflavin, Folic Acid, Biotin.

NUTRITIONAL INFORMATION

One tablet provides:		%NRV*
Vitamin C	40mg	50%
Thiamine (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	4mg NE	25%
Vitamin B6	1.4mg	100%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Biotin	25µg	50%
Pantothenic Acid (B5)	3mg	50%
Magnesium	338mg	90%
Betaine Chloride	5mg	**

* Nutrient Reference Value formerly known as Recommended Daily Allowance

** No NRV established

mg=milligram µg=microgram

NE = Niacin equivalent