Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

Magnesium Citrate 150mg

Claims (Can appear anywhere on pack). You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

Magnesium contributes to:

* A reduction of tiredness and fatigue and normal energy-yielding metabolism.
* Normal functioning of the nervous system and normal muscle function.
* The maintenance of normal bones and teeth.

You can search for other Nutrition & Health Claims approved for use in the UK here <https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm_medium=email&utm_campaign=govuk-notifications&utm_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm_content=weekly>

Food Supplement

120 Capsules

**BACK LABEL**

**Directions:**

Adults, take 1 capsule, 1 to 2 times per day.

Do not exceed recommended amount.

**Product Information:**

*One capsule typically provides:*

|  |  |  |
| --- | --- | --- |
|  |  | %NRV\* |
| Magnesium | 150mg | 40 |
| *From Magnesium Citrate Buffered* | *500mg* |  |

\*NRV = EU Nutrient Reference Value

**Ingredients:**

Magnesium Citrate (Buffered), Capsule Shell: Hydroxypropyl Methylcellulose, Bulking Agent: Brown Rice Flour, Flow/Anti-Caking Agents: Magnesium Stearate, Silicon Dioxide.

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool, dry & dark place, under 25 degrees, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-469$front

Back Label: PL-469$back

**Label Size**

768px x 1299px at 600DPI (that's 65mm x 110mm)