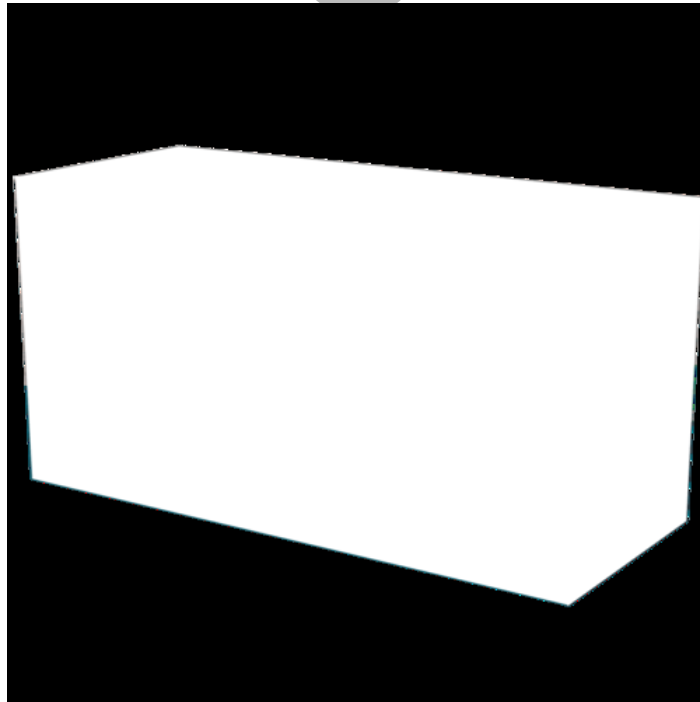




MAG-Vitum B6 Ashwagandha



MAG-Vitum B6 Ashwagandha,

60 tablets

MAG-Vitum B6 Ashwagandha is a dietary supplement that contains 100 mg of magnesium in the form of magnesium citrate, 80 mg of Ashwagandha root extract and 1,4 mg of vitamin B6 per tablet.

Benefits:

- Mg in the form of citrate
- 100 mg of Mg in a daily dose
- Ashwagandha root extract standardized to withanolides
- Box of 60 tablets

Magnesium and vitamin B6 contribute to maintaining proper energy metabolism and reducing the feeling of fatigue and weariness.

In addition, **magnesium** helps to maintain electrolyte balance and **vitamin B6** helps in the proper functioning of the nervous system and in maintaining proper psychological functions.

Ashwagandha supports memory and relaxation, mental and physical well-being, and contributes to increasing the body's resistance to stress.

Application:

The preparation is recommended for adults, especially active people, practicing sports, intensively working and learning, and in states of increased nervous tension and stress.

Recommended consumption:

Adults – 1 tablet a day.

Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a varied diet and a healthy lifestyle.

Attention! The product should not be consumed with sedative, hypnotic or anti-epileptic drugs. Do not use in children, pregnant women and during lactation.

Ingredients:

Magnesium salt of citric acid (magnesium citrate – magnesium), bulking agent: cellulose, starch, Ashwagandha root extract (*Withania somnifera*) standardized for min. 5% withanolides, anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide, pyridoxine hydrochloride (vitamin B6).

Daily dose (1 tablet) contains:

100 mg of magnesium (27% *), 1.4 mg of vitamin B6 (100% *), 80 mg of Ashwagandha root extract, including min. 4 mg of withanolides.

*% of the nutrient reference value

Storage:

Store at room temperature in a dry and dark place. Dietary supplements should be stored out of reach of small children.

Pack:

- 60 tablets

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