



Vitum



MAG-Vitum B6 effervescent



MAG-Vitum B6 effervescent is a dietary supplement that contains 125 mg of magnesium in the form of magnesium citrate and 2 mg of vitamin B6 per one effervescent tablet.

The preparation is recommended for adults to supplement their diet with magnesium and vitamin B6.

Benefits:

- Mg in the form of citrate
- 125 mg of MG in a daily dose
- 1 effervescent tablet a day
- 24 effervescent tablets
- Orange flavour

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.

Application

The preparation is recommended for adults to supplement their diet with magnesium and vitamin B6. It is especially recommended for active people, practicing sports, intensively working and learning.

Directions for use

Dissolve 1 effervescent tablet in 200ml of cool water.

Recommended consumption

Adults –1 effervescent tablet a day.

Do not exceed the recommended daily dose. Excessive consumption may have a laxative effect.

Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a varied diet and a healthy lifestyle.

Ingredients

Acidity regulator: citric acid, magnesium salts of citric acid (magnesium citrate – magnesium), binder: sorbitols, acidity regulator: sodium carbonates, glucose, natural orange flavor, powdered beetroot juice concentrate, binder: polyethylene glycol, sweetener: sucralose, pyridoxine hydrochloride (vitamin B6), dye: riboflavins.

Daily dose (1 effervescent tablet) contains:

- magnesium 125 mg (33% RWS)
- vitamin B6 2 mg (143% RWS)

Storage

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

The MAG-Vitum B6 effervescent dietary supplement contains sugar and a sweetener.

Pack:

- 24 effervescent tablets