

746021 CANNARAY MAGNESIUM CAPSULES 300mg

Ingredients: Magnesium Bisglycinate, Capsule Shell (Hydroxypropyl Methylcellulose), Valerian (Valeriana officinalis) 10:1 Extract, Zinc Citrate, Vitamin D3 (Cholecalciferol from algae).
For allergens see ingredients in **bold**.

Nutritional Info

	Per Serving	% NRV*
Magnesium (from Magnesium Bisglycinate)	300mg	80%
Valerian 10:1 Extract (equivalent to 600mg)	60mg	-
Vitamin D	5µg	100%
Zinc	10mg	100%

Recommended Dose

2 capsules before bed with water.

*NRV – Nutrient Reference Value