



Superior Magnesium 375mg

Food Supplement
High Potency
60 Vegetarian Capsules

Superior Magnesium 375mg (Elemental)

This mineral is bonded to citric acid, a more bioavailable form. Citrates are easily assimilated, as they require little acid prior to absorption. Magnesium also improves the absorption and retention of calcium.

NUTRITIONAL INFORMATION:

One (1) vegetarian capsule provides:

%ECRDA

Magnesium	1000mg	
Magnesium Citrate/Oxide blend (Elemental)	375mg	100
Vegetable Cellulose capsules	120mg	
Silica	10mg	

INGREDIENTS: Magnesium, Hypromellose, Silica.

ECRDA – European Community Recommended Daily Allowance.

Suitable for Vegetarians and Vegans. Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, not intended to treat any medical condition. Take 1 vegetarian capsule daily with food or as directed by a healthcare professional. Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.

Manufactured in
England.
Solo Nutrition Ltd.
RH11 8SZ, England

info@solonutrition.co.uk
solonutrition.co.uk



Well Being for Women™

Nutrient complex

Botanical Food Supplement
Includes Sage, Red Clover
& Ashwagandha

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Well Being for Women™ Botanical Food Supplement

INGREDIENTS: Two (2) vegetarian capsules provide: %ECRDA

Vegetable Cellulose capsules (2)	220mg	
Vitamin C (Magnesium ascorbate)	150mg	187.5
Soya Isoflavones ext. (10% GMO free)	150mg	
Calcium (Citrate)	100mg	12.5
Magnesium (Citrate)	100mg	26.6
Vitamin E (natural d-alpha Tocopheryl Succinate) 66.5iu	55mg	458
Ashwaganda Root (2:1) ext	50mg	
Red Clover P.E 8% Isoflavones	50mg	
Sage P.E (5:1)	50mg	
Siberian Ginseng P.E. (35:1)	50mg	
Motherwort Herb Powder (4:1)	25mg	
PABA (Para Amino Benzoic Acid)	25mg	
Vitamin B1 Thiamin HCL	20mg	1818
Vitamin B2 Riboflavin	20mg	1428
Vitamin B3 Nicotinamide	20mg	125
Vitamin B5 Pyridoxine HCL	20mg	333
Potassium (Citrate)	20mg	1.0
Zinc (Citrate)	15mg	150
Iron (Bisglycinate)	14mg	100
Betaine HCL	10mg	
Choline Bitartrate	10mg	
Inositol	10mg	
L.Tyrosine	10mg	
Hesperidin Complex	10mg	
Rutin	10mg	
Manganese (Gluconate)	5mg	250
Boron (Amino Acid Chelate)	3mg	
Copper (Gluconate)	1mg	100
Natural Beta Carotene/Carotenoid mix (from D. Salina Algae)	850µg 12mg	

equiv. to Vitamin A. 149.9µg providing typical analysis:	
Beta Carotene	850µg
Alpha Carotene	31.5µg
Cryptoxanthin	9µg
Zeaxanthin	4.5µg
Lutein	4.5µg
Vitamin A	800µg
Folic Acid	400µg
Chromium (Picolinate)	200µg
Selenium (Methionine)	200µg
Iodine (Potassium Iodine)	150µg
Biotin pure	100µg
Molybdenum	50µg
Vitamin B12 Cyanocobalamin	25µg
Vitamin K1	20µg
Vitamin D2 Ergocalciferol (vegetarian)	10µg

%ECRDA

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