

Health House

C/- Zealand Publishing House Limited
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Magnesium can help calm the nervous system and regulate the heartbeat. It may also relieve stiff, sore and aching muscles.

Magnesium can induce muscle relaxation and sleep. It also helps in the absorption of Calcium and plays a key role in the strength of your bones and teeth.



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Manufacturer: Zealand Health Manufacturing Ltd
(ZHM) 61 Maleme St, Tauranga 3112, New Zealand

MAGLB60/2



Health House

Magnesium

SAMPLE

Maintain a healthy heart and calm nerves

60 capsules

DIETARY SUPPLEMENT



Average per capsule at time of manufacture

Ingredients	Weight	Active
Magnesium citrate 16%	830mg	132mg

Directions: Adults, up to 4 capsules daily, or as directed by a health professional.

Storage: Keep out of reach of children. Store away from direct sunlight, heat and humidity. Keep sealed after opening.

Always read the label and use only as directed. Supplements should not replace a balanced diet. If symptoms persist or you are on prescribed medication, please see your healthcare professional.

www.healthhouse.co.nz

Made in New Zealand