



## Organic Magnesium Tablets

THOMPSON'S | TMMAG12, TMMAGNE

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. For product specific label WARNINGS please refer to product section below.

### BENEFITS

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Thompson's Organic Magnesium is formulated with an organic form of Magnesium to support:

- Healthy cardiovascular system function
- Muscle function and healthy muscle contraction.
- General health & wellbeing
- Magnesium levels in the body to be within normal range.

Magnesium aids the synthesis of neurotransmitters and it supports a healthy neuromuscular system. It also helps convert glucose into energy and assists with carbohydrate metabolism.

### SUITABLE FOR

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- Individuals seeking a supplement to relax their muscles
- Those wanting to support their muscle, heart and bone health
- Those who suffer from or prone to fatigue and seek a supplement to support energy production
- Individuals seeking a supplement to maintain their general wellbeing

## DIRECTIONS FOR USE

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- Adults - Take one tablet daily (between meals), or as professionally prescribed
- Storage: Store below 30°C in a dry place

## WARNINGS

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If symptoms persist, consult your healthcare professional. Vitamin and mineral supplements should not replace a balanced diet.

## NO ADDED

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- Gluten, lactose, nuts, shellfish, dairy, egg, fish, sesame seeds. No artificial flavours.

## PACK SIZES

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- TMMAG12 - 120 Tablets
- TMMAGNE - 50 Tablets

ACTIVE INGREDIENTS

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Each tablet contains:

Cholecalciferol	2.5mcg
equiv. Vitamin D3	100IU
Fucus vesiculosus (Kelp) ext.	5mg
derived from dry whole plant	25mg
equiv. Iodine	5mcg
Magnesium (as Aspartate Dihydrate)	100mg
equiv. Magnesium	7.5mg
Magnesium (as Orotate)	100mg
equiv. Magnesium	6.4mg
Magnesium (as Amino Acid Chelate)	806mg
equiv. Magnesium	161mg
Total elemental Magnesium	174.9mg
Pyridoxine Hydrochloride	30mg
equiv. Pyridoxine (Vitamin B6)	24.7mg