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Chela-Mag B6™ Cramp Food supplement in the form of effervescent tablets containing magnesium in the form of amino acid chelate **Albion™**, potassium and vitamins: B1, B2, B3, B6, B12 and biotin. With sweeteners.

Lot No.:/ Best before: see bottom of the tube.

Storage conditions: store indoors in dry place at room temperature, in tightly sealed original containers. Sensitivity to moisture. Do not store above 25°C. Keep out of reach of children.

Ingredients, recommended use, warnings and important information can be found further in the layered label! Please see the content of the entire label!

20 tablets | 88 g

Producer: Olimp Laboratories Sp. z o.o., Pustynia 84F, 39-200 Dębica, Poland

MAGNESIUM, POTASSIUM and VITAMINS in 1 TABLET

Food supplement

Chela-Mag B6™

Cramp

With sweeteners



20tab. **88 g**

Olimp Labs

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Nutrition information	1 tablet	NRVs*
Thiamin (vit. B1)	1,65 mg	150%
Riboflavin (vit. B2)	2,1 mg	150%
Niacin (vit. B3)	24 mg	150%
Vitamin B6	2,1 mg	150%
Vitamin B12	3,75 µg	150%
Biotin	75 µg	150%
Magnesium	100 mg	26,7%
Potassium	300 mg	15%

*NRVs – nutrient reference values.


Ingredients: acidity regulator – citric acid; potassium bicarbonate, bulking agent – sorbitols; acidity regulator – sodium carbonates; magnesium bisglycinate (magnesium amino acid chelate Albion™), flavouring; anti-caking agent – magnesium oxide, stabiliser – polyethylene glycol; sweetener – acesulfame K; nicotinamide – niacin, sweetener – sucralose; colour – carmine (for grapefruit flavour); cyanocobalamin – vit. B12, pyridoxine hydrochloride – vit. B6, riboflavin – vit. B2, thiamin mononitrate – vit. B1, D-biotin – biotin.

Albion™ and the Gold Medallion design are trademarks of Balchem Corporation or its subsidiaries.

Chela-Mag B6™ **20 tablets | 88 g**
Cramp
Food supplement **1 tablet | 4,4 g**

Producer:
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Chela-Mag B6™ Cramp

Food supplement in the form of effervescent tablets, containing magnesium in the form of amino acid chelate **Albion™**, potassium and vitamins: B1, B2, B3, B6, B12 and biotin.

Magnesium is an element that takes part in many metabolic processes. It contributes to normal protein synthesis, to normal muscle function and to electrolyte balance. Magnesium also contributes to a reduction of tiredness and fatigue and to normal energy-yielding metabolism.

Potassium contributes to normal functioning of the nervous system, to normal muscle function and also to the maintenance of normal blood pressure.

B vitamins: thiamin, riboflavin, niacin, vit. B6, B12 and biotin contribute to normal functioning of the nervous system.

Intended use: as a food supplement that facilitates covering the body's demand for some vitamins, magnesium and potassium, which positively affect the proper functioning of the muscles, thus avoiding excessive contractions. Especially recommended for physically and mentally active people.

Recommended use: 1 tablet daily. Dissolve 1 tablet in 200 ml of water. It tastes best when chilled. Do not exceed the recommended daily dose. Food supplement should not be used as a substitute for a varied and balanced diet. A varied and balanced diet and a healthy lifestyle are recommended.

Warning: the preparation is not recommended during pregnancy and breastfeeding or in case of hypersensitivity to any of the constituents of the preparation.