

# MetaRelax tablets

CNK 3407830

 45 tablets



 8309

## At times of stress and tiredness Good for the muscles

- Well absorbable form of magnesium: magnesium glycerophosphate
- Correct dose: 900 mg of Mg-glycerophosphate per tablet = 100 mg magnesium per tablet
- Cofactors that work in synergy with magnesium: vitamins B6, B12, folate (Metafolin®), taurine and vitamin D
- Vitamin D: ensures that Mg is held longer in the body and conversely Mg activates vitamin D
- B vitamins in active forms: immediately available for effect in the body
- No laxative side effects

**Usage:** 2 tablets per day

## Product description

Like to know more about MetaRelax®? Go to [www.metarelay.eu](http://www.metarelay.eu)

MetaRelax® is a complete magnesium complex used to support psychological functions as during moments of stress (thanks to folate), fatigue (folate, magnesium and vitamin B6) and to support the muscles (magnesium and vitamin D).



Soy-free



Suitable for  
vegetarians



Lactose-free



Gluten-free



Suitable for  
breastfeeding  
women



Suitable for  
pregnant  
women

## Ingredients

### Nutritional information

Ingredients per 2 tablets	Shape/component	Quantity	%RI
<u>Magnesium</u>		200 mg	54%
	Magnesium glycerophosphate	1800 mg	
<u>Vitamin B6</u>	Pyridoxal-5-phosphate	2 mg	142%
<u>Folate</u>	Calcium-L-methylfolate (Metafolin®)	200 µg	100%
<u>Vitamin B12</u>	Methylcobalamin	25 µg	1000%
<u>Vitamin D</u>	Cholecalciferol	25 µg (1000 IU)	500%
<u>Taurine</u>		300 mg	

#### Also contains:

Maltodextrin, Hydroxypropylcellulose, Cross-linked sodium carboxymethyl cellulose, Silicon dioxide, Magnesium salts of fatty acids, Magnesium carbonate, Dicalcium phosphate

### List of ingredients

Magnesium glycerophosphate (900 mg), taurine, carriers: maltodextrin and hydroxypropyl cellulose, anti-caking agents: magnesium salts of fatty acids, cross-linked sodium carboxymethylcellulose and silicon dioxide, fillers: magnesium carbonate and dicalcium phosphate, vitamin B6 (pyridoxal-5-phosphate), folate (calcium L-methylfolate), vitamin B12 (methylcobalamin), vitamin D3 (cholecalciferol).

## Use and dose

2 tablets per day

The information was written by and for people who work with health and nutrition in a professional capacity. It is not intended for consumers or people without specialised knowledge. The disease must be diagnosed and treated by an accredited healthcare professional.

*A dietary supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep cool and dry. Do not exceed the recommended daily allowance. Keep out of the reach of young children.*

© **Metagenics**