

Product Information Sheet



Brain & Nervous System Support

Relax

V Ve

Magnesium, Taurine and B vitamins

Provides a specialist blend of nutrients to support the healthy function of the nervous system.

Ingredients:

Each tablet typically contains:

Taurine	150 mg
Magnesium (glycerophosphate, carbonate)	87 mg
Vitamin B6 (pyridoxine HCl)	2 mg
Folic acid	300 µg
Vitamin B12 (cyanocobalamin)	1.5 µg

Tableted with:

Maltodextrin
Croscarmellose
Magnesium stearate
Silicon dioxide

Features:

Magnesium glycerophosphate is a fat-soluble magnesium salt which has exceptional absorption capacity and is gentle on the GI tract. Magnesium is essential for maintaining the proper function of nerves and muscle.

Taurine is an amino acid believed to play an important role in many areas of the body including the brain and nervous system. It works synergistically with vitamin B6 and magnesium.

Additional B vitamins for comprehensive neurological support.

Recommendation: 2 tablets daily, or as directed.

Caution: None known if directions are followed.

Contains ingredients derived from:

Wheat (no gluten)

Product Code: 3296

Package Size: 90