

Smart Magne Plus

Read the entire leaflet carefully. It contains important information. Keep the leaflet, you may need to read it again. If you need more information or advice, ask your pharmacist.

In this leaflet you will find:

1. What does Smart Magne Plus contain
2. What is the purpose of Smart Magne Plus
3. What is Smart Magne Plus
4. Before taking Smart Magne Plus
5. How to take Smart Magne Plus
6. How to store Smart Magne Plus

1. What does Smart Magne Plus contain

| Active ingredients in 1 sachet | Recommended daily dose of 1 sachets | NRV* |
|--|-------------------------------------|----------|
| Magnesium / 88 % Magnesium Lactate and 12 % Magnesium oxide / - 250 mg | 250 mg | 66,67% |
| Zinc / zinc citrate / - 7,5 mg | 7,5 mg | 75 % |
| Vitamin B1 / Thiamine HCL / - 3,3 mg | 3,3 mg | 300 % |
| Vitamin B2 / Riboflavin / - 4,8 mg | 4,8 mg | 342.86 % |
| Vitamin B3 / Nicotinamide / - 18 mg NE | 18 mg NE | 112,50 % |
| Vitamin B5 / Pantothenic acid / - 6,0 mg | 6,0 mg | 100 % |
| Vitamin B6 / Pyridoxine HCL / - 4,5 mg | 4,5 mg | 321,40 % |
| Vitamin B7 / Biotin / - 150 µg | 150 µg | 300 % |
| Vitamin B9 / Folic acid / - 30 µg | 30 µg | 15 % |
| Vitamin B12 / Methylcobalamin / - 4,2 µg | 4,2 µg | 168 % |

NRV* - nutritional reference values

Ingredients: magnesium lactate, erythritol as sweetener, orange flavouring, magnesium oxide, citric acid as acidity regulator, zinc citrate, sucralose as sweetener, nicotinamide, pantothenic acid, riboflavin, pyridoxine HCL, thiamine HCL, biotin, folic acid, methylcobalamin.

2. What is the purpose of Smart Magne Plus

- contributes to a reduction of tiredness and fatigue
- contributes to electrolyte balance
- contributes to normal energy-yielding metabolism

- contributes to normal red blood cell formation
- contributes to normal functioning of the nervous system
- contributes to normal muscle function
- contributes to normal protein synthesis
- contributes to normal psychological function
- contributes to the maintenance of normal bones
- contributes to the maintenance of normal teeth

3. What is Smart Magne Plus

Smart Magne Plus is a food supplement in the form of orodispersible sachets that allow convenient intake and maximum absorption of the ingredients.

Magnesium contributes to:

- a reduction of tiredness and fatigue
- electrolyte balance
- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal muscle function
- normal protein synthesis
- normal psychological function
- the maintenance of normal bones
- the maintenance of normal teeth
- Magnesium has a role in the process of cell division

Zinc contribute to:

- the normal function of the immune system
- the metabolism of micro- and macronutrients
- protein synthesis
- maintaining healthy bones, hair, nails and skin
- maintaining normal vision
- normal cognitive function

Vitamin B1 / Thiamine HCL /, Vitamin B2 / Riboflavin /, Vitamin B3 / Nicotinamide /, Vitamin B5 / Pantothenic acid /, Vitamin B6 / Pyridoxine HCL /, Vitamin B7 / Biotin / and Vitamin B12 / Methylcobalamin contributes to:

- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal psychological function
- the normal function of the heart
- the maintenance of normal mucous membranes
- the maintenance of normal red blood cells
- the maintenance of normal skin
- the reduction of tiredness and fatigue
- to normal mental performance
- to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- contributes to normal red blood cell formation

- contributes to the normal function of the immune system

Vitamin B9 / Folic acid /

- Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.

4. Before taking Smart Magne Plus

The food supplement Smart Magne Plus contains a sweetener. Do not take it if you are hypersensitive to any of the ingredients. Do not exceed the recommended dose. Do not use as a substitute for a varied diet and a healthy lifestyle.

5. How to take Smart Magne Plus

One sachet a day. The contents of the sachet are taken directly by the mouth, no liquid needed.

6. How to store Smart Magne Plus

At a moderate temperature (15-30°C) away from moisture and direct sunlight. Do not use after the expiry date indicated on the box and the sachet. Keep out of reach of children!

Manufacturer:

Ramcopharm Ltd.

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