

Oligogal[®] Mg

Magnesium

+ B1 + B6 + K2 + D3 + Folic Acid

Powder for direct oral use

Dietary supplement with sweetener

Additional source of magnesium, vitamin B1, B6, K2, D3 and folic acid

Oligogal[®] Mg Direct, powder for direct oral use, is an additional source of magnesium, vitamin B1, B6, K2, D3 and folic acid, intended for athletes and people who feel tired and exhausted. Magnesium and vitamin D contributes to normal muscle and bone function. Vitamin D, B6 and folic acid contribute to the normal functioning of the immune system. Magnesium, thiamine and vitamin B6 contribute to the normal functioning of the nervous system. Magnesium, vitamin B6 and folic acid reduce fatigue and exhaustion. Thiamine contributes to normal heart function. Vitamin B6 contributes to normal metabolism of homocysteine and the production of red blood cells. Folic acid contributes to normal metabolism of homocysteine and blood formation.

COMPOSITION OF ACTIVE INGREDIENTS	1 SACHET	NRV*	100g
Magnesium (magnesium oxide)	400.0 mg	107	17.8 g
Vitamin K (microencapsulated menaquinone MK-7)	45.0 µg	60	2.0g
Vitamin D3 (cholecalciferol)	10.0 µg	200	0.4 mg
Vitamin B6 (pyridoxine hydrochloride)	1.4 mg	100	62.2 mg
Vitamin B1 (thiamine hydrochloride)	1.1 mg	100	48.9 mg
Folic acid (calcium L-5-methyltetrahydrofolate)	600.0 µg	300	30,0mg

*NRV – Nutrient Reference Value

Ingredients

Sorbitol (bulking agent), magnesium oxide, citric acid, cherry flavour, microencapsulated menaquinone -mk-7, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, calcium L-5-methyltetrahydrofolate.

Administration

Adults and children over 12 years of age: Once a day, dissolve the contents of 1 sachet directly in the mouth, without adding liquid and swallow.

Note

Dietary supplements cannot be used as a substitute for a varied and balanced diet!

Keep out of reach of children.

Warnings

The recommended daily dose should not be exceeded.

The product must not be used by persons hypersensitive to any ingredient of the product.

The product is not intended for younger than 12 years of age.

Pregnant and lactating women and people taking certain medications should consult their

doctor before using this product.
Excessive use may cause a laxative effect.

Storage

Store below 25°C, in a dry place.

Shelf life

Best before the expiry date specified on the packaging.

Packaging

14 sachets with powder for direct oral use.

Holder of notification in database of Ministry of Health of Republic of Serbia:

Galenika a.d., Batajnički drum b.b., 11080 Belgrade, Republic of Serbia

 Galenika

Produced in Republic of Serbia.