

**How to use:** Dietary supplements should not be used as a substitute for a balanced diet.

**Dosage:** Take 1 sachet of 5ml per day, or as directed by your healthcare professional.

Can be taken directly (neat) or mixed with water or juice.

Do not exceed recommended dose unless directed by your healthcare professional.

Mineral Complex  
(as Optinerve®)<sup>1</sup>

Dietary Supplement Facts	
Serving Size: 1 Sachet (5ml)/Servings per Container: 30	Amount per serving
Magnesium (as Magnesium bisglycinate)	31.25 mg
Zinc (as Zinc bisglycinate)	0.8 mg
Selenium (as L-Selenomethionin)	4.5 mcg
Chromium (as Chrome picolinate)	3.65 mcg
Taurine	25 mg

**Other ingredients:** Water, Xylitol, Emulsifier (GMO-free Sunflower Lecithin), Glycerol, Polysorbate 80, Potassium sorbate, Mint Aroma, Anti-oxidant (Vitamin E).

May contain traces of Soy & Sesame seeds.

1. Optinerve®: Patented specially designed formulation of the highly active minerals magnesium, zinc, selenium, chromium with the addition of taurine. When using Optinerve® the bioavailability of magnesium in the body

is much higher than when using traditional oral forms.

If you are pregnant or breastfeeding, have a medical condition, or are taking medication, consult your healthcare professional before taking this product.

**Storage:** Store below 25° C. Keep in a dry and cool place. Keep out of reach of children. Should not be used after the expiry date on the package. Do not take if the tamper evident seal is broken or missing.