



PRODUCT NAME: NaturalNest Magnesium Plus Tablet Food Supplement Containing Magnesium, Vitamin and Mineral

TO WHOM IT MAY CONCERN

Nuvita İlaç ve Kimya San. Tic. A. Ş. We confirm that we have taken full responsibility for the nature of the components, their weight in 1 tablet (1525,072 mg) listed below.

COMPONENT LIST

Active Ingredients	Amount in 1 Tablet (mg)	Component %	Component Function	E-Code
Trimagnesium Citrate	628,92	41,239	Active Ingredient	-
Magnesium Malate	333,4	21,861	Active Ingredient	-
Magnesium Bisglycinate	250	16,393	Active Ingredient	-
Sodium Borate Decahydrate	26,46	1,735	Active Ingredient	-
Pyridoxal 5'-Phosphate Monohydrate (Vitamin B ₆)	15,67	1,027	Active Ingredient	-
Menaquinon-7 (2000 ppm) (Sucrose Acacia Gum Maize Starch Water Medium Chained Glycerides Calcium Phosphates Vitamin K ₂)	12,5 (4,17 4,17 3,125 0,41 0,392 0,208 0,025)	0,820	Active Ingredient (Auxiliary Ingredient Emulsifier Auxiliary Ingredient Auxiliary Ingredient Auxiliary Ingredient Anti-caking Agent Active Ingredient)	- (- E 414 - - - E 341 -)
Cholecalciferol (100.000 IU) (Sucrose Gum Arabic Maize Starch Medium Chained Triglycerides Water Calcium Phosphates Vitamin D ₃ Alpha Tocopherol)	10 (4 2,25 2,25 1 0,365 0,1 0,025 0,01)	0,656	Active Ingredient (Auxiliary Ingredient Emulsifier Auxiliary Ingredient Auxiliary Ingredient Auxiliary Ingredient Anti-caking Agent Active Ingredient Antioxidant)	- (- E 414 - - - E 341 - E 307)
Sodium Selenite	0,122	0,008	Active Ingredient	-

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Inactive Ingredients	Amount in 1 Tablet (mg)	Component %	Component Function	E-Code
Microcrystalline Cellulose	146	9,573	Bulking Agent	E 460(i)
Polyvinylpyrrolidone	57	3,738	Thickener	E 1201
White Coating Mixture: (Polyvinyl Alcohol- Polyethylene Glycol Grafted Copolymer Talc Titanium Dioxide Mono- and Diglycerides of Fatty Acids Polivinyll Alcohol)	18 (7,2 4,95 4,5 0,72 0,63)	1,180	Coating Component (Stabilizer Thickener Colorant Emulsifier Thickener	- (E 1209 E 553b E 171 E 471 E 1203)
Cross-Linked Sodium Carboxy Metyl Cellulose	15	0,983	Thickener	E 468
Magnesium Salts of Fatty Acids	10	0,656	Anti-caking Agent	E 470b
Silicon Dioxide	2	0,131	Anti-caking Agent	E 551

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SPECIFICATION

Active Ingredient	Appearance	Amount in 1 Tablet
Magnesium	Powder	200 mg
Boron	Powder	3 mg
Vitamin B ₆	Powder	10 mg
Vitamin K ₂	Powder	25 µg
Vitamin D ₃	Powder	25 µg (1000 IU)
Selenium	Powder	55 µg

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