# Manganese glycinate

## Description

Product number B008 - 100 tablets.

Genuine amino acid chelate from the mineral manganese with high bioavailability.

Recently the manganese content per tablet has been reduced from 20 to 10 mg.

### Manganese contributes to:

- A normal energy-yielding metabolism
- The protection of cells against oxidative stress
- The normal formation of connective tissue
- The maintenance of normal bones

### Ingredients and% Reference-Innameper tablet:

Manganese (as bisglycinate) 10 mg (elemental, 500% RI)

**Fillers:** Maltodextrin (from corn), microcrystalline cellulose, rice starch,. Anti-caking agent: diglyceride, vegetable magnesium stearate, silicon dioxide. This product contains no gluten, lactose, soy or milk proteins.

### Usage and warnings:

Adults take 1 tablet per day. Do not exceed the recommended dosage. Keep out of reach of children. Do not use in case of hypersensitivity to one of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.