

# BIOGENA SPORTS - Magnesium Sport



## Magnesium: the fitness all-rounder

Magnesium fulfills many functions that are of great importance in sport: it is an important factor for muscle function, maintains the electrolyte balance and also contributes to the maintenance of healthy bones\*. In addition to physical performance, it also supports mental performance by helping mental function and nerves\*.

But not all magnesium is the same - the magnesium blend it contains combines 7 different magnesium compounds to achieve the broadest possible solubility spectrum and thus optimize bioavailability: Magnesium taurate, hydroxide, bisglycinate, malate, succinate, glycerophosphate, and oxide complement each other ideally. The optimal magnesium blend for athletes and active people - supports energy, performance and regeneration\*. The composition is designed for gentle digestion so that it is well tolerated even during intensive training sessions.

The magnesium blend in this preparation is combined with vitamin B6, which also supports normal protein and glycogen metabolism and contributes to the formation of red blood cells. Like magnesium, vitamin B6 supports normal energy metabolism and can help to reduce tiredness and fatigue.

BIOGENA Magnesium Sport - the magnesium that keeps up with you.


## BIOGENA SPORTS Magnesium Sport

- Supports muscle function, electrolyte balance, bones and mental function\*
- To compensate for possible magnesium losses due to heavy sweating caused by very strenuous physical activity (sport) or heat.
- As a contribution to normal protein and glycogen metabolism and to the formation of red blood cells\*
- Specially developed for the increased needs of athletes

### Possible uses:

- To cover magnesium requirements and supplement the intake of vitamin B6, especially for athletes
  - \*Magnesium plays a role in the normal functioning of muscles - both in muscle tension and muscle relaxation
  - \*Magnesium supports the stable functioning of the nervous system and the psyche
  - \*Magnesium contributes to the electrolyte balance of the body
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- \*Magnesium contributes to the maintenance of healthy bones
  - \*Magnesium and vitamin B6 contribute to normal energy metabolism and to the reduction of tiredness and

**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, [biogena.com](mailto:info@biogena.com)

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com),  
[italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](https://www.biogena.com)



fatigue

- \*Vitamin B6 supports normal protein and glycogen metabolism and contributes to the formation of red blood cells

### Bioavailable micronutrients in pure form

- According to the pure substance principle
- without colorants and flavorings
- Gluten-free
- lactose-free
- Fructose-free
- hypoallergenic
- 100% vegan
- tested quality

INGREDIENTS per daily dose	2 units	% NRV*
Magnesium	300 mg	80
Vitamin B6	2.8 mg	200

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

### INGREDIENTS

Magnesium blend (magnesium taurate, magnesium hydroxide, magnesium bisglycinate, magnesium malate, magnesium succinate, magnesium glycerophosphate, magnesium oxide), hydroxypropyl methyl cellulose (capsule shell), pyridoxal 5'-phosphate.

### RECOMMENDED DOSAGE

2 x 1 capsule daily taken outside mealtimes with plenty of liquid.

### NOTE

Food supplement in accordance with EU Directive 2002/46/EC

### IMPORTANT NOTICE

Magnesium supplements can have a laxative effect.

### PACKAGE SIZE AND CONTENT

120 capsules (pack for 2 months), 108 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 26.11.2024.



**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, biogena.com

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Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, info@biogena.com  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, deutschland@biogena.com, italien@biogena.com, worldwide@biogena.com  
**Infoline Switzerland:** T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](https://biogena.com)

