



Magnesium citrate

Magnesium from an organic citrate compound

Magnesium – co-factor of more than 300 enzymes

Magnesium is involved in almost all processes in the cell. This mineral is particularly important for muscle function, the nerves and the nervous system, the maintenance of normal teeth and bones as well as for the electrolyte balance within the body. In the case of an increased requirement, due to stress or sports for example, a magnesium preparation can support the intake of magnesium in a targeted manner. Attention should be paid to magnesium with the regular intake of drugs (e.g. protection for the stomach (proton pump inhibitors)).

Biogena Magnesiumcitrat: Magnesium is a compound that is easily absorbed

Biogena Magnesiumcitrat contains the mineral magnesium in the form an organic magnesium compound, which can be easily absorbed by the body. Magnesium supports nerve and muscle functions, maintains normal bones and teeth as well as the electrolyte balance within the body.

Physiological importance of the vital substance contained:

- Magnesium plays an important role in muscular activity – in both muscle contraction and relaxation
- Magnesium has important functions in nerve metabolism, supports the normal function of the psyche and helps reduce tiredness and fatigue
- Magnesium supports the electrolyte balance within the body

Possible uses:

- To support the muscles, particularly in case of increased physical stress
- In case of magnesium losses, e.g. due to sports or the regular intake of proton pump inhibitors
- In the case of an increased magnesium requirement during growth and pregnancy
- To support the psyche and to maintain performance and vitality in phases of mental and physical stress

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Bioavailable micronutrients in a pure form:

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Magnesium	240 mg	64

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

INGREDIENTS

Magnesium citrate, hydroxypropyl methyl cellulose (capsule shell).

RECOMMENDED DOSAGE

2 x 1 capsule daily taken outside mealtimes with plenty of liquid. Magnesium can have a laxative effect in higher doses. It is therefore better to spread the intake of larger quantities over the day.

NOTE

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

PACKAGE SIZE AND CONTENT

90 capsules (2 month supply), 78 g

180 capsules (4 month supply), 154 g

Food supplement: The recommended daily intake should not be exceeded. The product should not be used as a substitute for a varied diet and a healthy lifestyle. Store at room temperature in a dry place and protected from light. Protect from heat. Keep out of the 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. Status 10.10.2018.



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