

# Potassium Magnesium Citrate



## Potassium & magnesium - important for the musculature and nerves

Potassium and magnesium are two minerals that play an important role in different bodily functions. They are intrinsically involved in the interaction of nerve and muscle functions and therefore of special importance for the myocardial muscle. Thus, both minerals are involved in the normal sequence of muscular contraction and relaxation. Potassium is also involved in regulating the blood pressure and therefore has an impact on the circulatory system.

## Biogena Potassium Magnesium Citrate: With magnesium to support the electrolyte balance

Biogena Potassium Magnesium Citrate contains potassium and magnesium in organic citrate compounds. Both minerals support the muscle and nerve functions as well as help the blood pressure. Magnesium also contributes to maintaining the electrolyte balance in the body.

## Physiological importance of the vital substances contained:

- Potassium and magnesium contribute to the normal functioning of muscles and the nervous system
- Potassium helps maintain a normal blood pressure
- Magnesium supports the electrolyte balance in the body
- Magnesium helps reduce tiredness and fatigue

## Possible uses:

- To support muscle function, for example that of the heart, and to maintain a normal blood pressure
- To increase the magnesium and potassium uptake for example in the case of losses through sports or the use of medications that interfere with mineral uptake in the intestine

## Bioavailable micronutrients in a pure form

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

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INGREDIENTS per daily dose	3 capsules	% NRV*
Potassium	435 mg	22
Magnesium	225 mg	60

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

## INGREDIENTS

Magnesium citrate, potassium citrate, hydroxypropyl methyl cellulose (capsule shell).

## RECOMMENDED DOSAGE

3 capsules daily taken outside mealtimes with plenty of liquid.

## NOTE

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

## PACKAGE SIZE AND CONTENT

90 capsules (1 month supply), 85 g; 180 capsules (2 month supply), 169 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 05.07.2022



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