

Product number B007 Super Magnesium-Complex – 100 Vegicaps

This magnesium supplement contains four types of organically bound magnesium, enabling higher bioavailability than is possible with, for example, magnesium oxide or sulfate. Thanks to the use of the stable Albion amino acid chelate bisglycinate (not to be confused with proteinates), a high concentration of magnesium can be presented to the specific transport proteins in the intestinal lumen; this is because it is relatively unaffected by dietary factors that can hinder magnesium absorption, such as phytic acids and phosphates. Citrate, malate, and gluconate are the salts of citric acid, malic acid, and gluconic acid, respectively; these are readily absorbed and can easily pass through (translocate across) various cell membranes.

In the human body, the mineral magnesium is involved in various metabolic processes and contributes to:

Magnesium plays a role in the activity of certain enzymes involved in energy metabolism. It helps release energy from fats, carbohydrates, and proteins, activating the body's natural energy.

Magnesium has a beneficial effect on reducing fatigue and tiredness.

Magnesium contributes to brain and nerve functions involved in reasoning ability. It supports memory, learning performance, concentration, and mood.

Magnesium plays a role in signal transmission between (nerve) cells.

Magnesium supports normal muscle function and helps maintain supple, strong muscles.

Magnesium plays a role in bone formation and contributes to the maintenance of strong bones.

Magnesium is important for dental health; it helps keep teeth strong. Magnesium helps maintain a proper electrolyte balance. It helps maintain the body's normal water and mineral balance.

Magnesium supports normal protein synthesis; it plays a role in building body protein.

Magnesium contributes to normal cell division. It contributes to the process of cell renewal and the formation of cells and tissues, and plays a role in tissue growth and development.

Ingredients and % Reference Intake per 2 Vegicapsules:

Magnesium 262.5 mg (elemental, 70% RI)

As bisglycinate (Albion chelate), citrate, malate, and gluconate.

Capsule shell: HPMC. Bulking agent: microcrystalline cellulose.

Anti-caking agents: vegetable magnesium stearate, silicon dioxide.

Usage:

Adults take 1 capsule twice daily, unless otherwise advised by a professional. Do not exceed the recommended dosage. According to the EHPM, the intake or supplementation of more than 250 mg of magnesium—in addition to magnesium obtained from a normal diet—may cause mild digestive issues in sensitive individuals.

Keep out of reach of children. Do not use if hypersensitive to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.