

Super Magnesium Complex

Description

Product number B007 - 100 Vegicaps

This magnesium supplement contains four types of biologically bonded magnesium, so that a higher bioavailability can be achieved than is possible with magnesium oxide or sulphate, for example. The stable Albion amino acid chelate bisglycinate (not to be confused with proteins) can be used to present a high concentration of magnesium to the specific transport proteins in the intestinal lumen, because it is relatively insensitive to dietary factors that can adversely affect magnesium uptake, such as phytic acids and phosphates. Citrate, malate and gluconate are the salts of citric acid, malonic acid and gluconic acid, respectively, which are easily absorbed and can easily pass through the various cellular membranes (translocate).

The mineral magnesium is involved in various metabolic processes in our body and contributes to:

- A normal energy-yielding metabolism and a reduction in fatigue
- Normal functioning of the (heart) muscle
- Normal functioning of the nervous system and normal psychological function
- The maintenance of normal bones and teeth
- An electrolyte balance
- Normal protein synthesis
- Magnesium also plays a role in the cell division process.

Ingredients and % Reference Intake per 2 Vegicapsules:

Magnesium 262.5 mg (elemental, 70% RI) As bisglycinate (Albion chelate), citrate, malate and gluconate.

Capsule wall: HPMC. Filler: microcrystalline cellulose Anti-caking agents: vegetable magnesium stearate, silicon dioxide. This product contains no animal gelatin, gluten, lactose or milk proteins.

Use and warnings:

Adults take 1 capsule twice a day, unless otherwise advised by an expert. 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.