

Magnesium Ascorbate

Description

Product number B081 Magnesium Ascorbate - 250 grams of powder

Magnesium Ascorbate is a non-acidic and water-soluble form of Vitamin C and an easily absorbable source of the mineral magnesium.

In the human body, vitamin C contributes to:

Also contributes to the normal functioning of the immune system. It supports the body's defenses and also ensures good resistance.

Plays a role in the activity of certain enzymes involved in energy metabolism and can help reduce the lack of energy and support the reduction of tiredness and fatigue.

Vitamin C contributes to the maintenance of good / strong resistance during and after training / sports (performance).

Has a positive effect on the functioning of the nervous system.

Contributes to brain and nerve functions involved in reasoning / reasoning. Vitamin C is good for memory, learning performance, concentration and mood.

Because vitamin C contributes to the formation of collagen, it is important for a good condition of the blood vessels, it contributes to the maintenance of strong bones and the maintenance of healthy cartilage, it ensures the maintenance of healthy skin, it helps the keep teeth strong and contribute to normal gum function.

Promotes the absorption of iron from meals / nutrition.

Vitamin C is an antioxidant and contributes to the capture of free radicals in (body) cells. It helps protect the cells from oxidative damage from air pollution and UV radiation.

Vitamin C acts as an antioxidant for vitamin E and regenerates / returns it to an active / working form.

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

A normal energy-yielding metabolism and reduction of 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 per level scoop and% RI:

Magnesium ascorbate 2.1 grams

Provides 1970 mg of vitamin C (= 2462% RI) and 130 mg of elemental magnesium (= 35% RI).

Excipients: none.

Instructions:

Adults take 1 well-level measuring scoop once a day, dissolve in water or fruit juice. Do not exceed recommended dose. Keep out of reach of children. Close the packaging immediately after use and store it dry (outside the refrigerator). Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a varied diet.