

# Erdensalz® Minerals



## Four elements from our solar system

### Mineral supplements in the context of modern life

Strain, fatigue and exhaustion are many people's daily companions. However, contrary to popular belief, the metabolism of an exhausted person is not on a low burner so to speak, but rather working at the maximum level due to stress. As a result, more minerals are required. For example, magnesium is known as an anti-stress mineral. Magnesium is necessary for energy production and supports the functions of the mind as well as of the nerves. Potassium does this as well. Potassium is an important element for maintaining normal blood pressure, and works with magnesium in many metabolic processes. Or zinc and selenium: Free radicals form in the cells of an exhausted person, thus triggering oxidative stress. Zinc and selenium work against this by trapping the free radicals. In addition, due to the increased metabolism levels of a tired and exhausted person, the body generates high amounts of acid. In this case zinc helps to maintain an acid-alkaline balance.

### Biogena Erdensalz® Mineralien

Power from the stars for people in the modern world. With minerals from the depths of the solar system. Within compounds found on our planet

### Physiological importance of the minerals contained:

- Potassium helps maintain normal blood pressure
- Magnesium supports energy metabolism. Magnesium helps reduce tiredness and fatigue
- Zinc is important for acid-alkaline metabolism
- Zinc and selenium play a central role in protecting the cells against oxidative stress

### Possible uses:

- For support in times of fatigue, exhaustion and stress
- To compensate oxidative stress during periods of increased stress
- To maintain normal blood pressure
- To maintain an acid-alkaline balance

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### 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
- Citrat-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Potassium	400 mg	20
Magnesium	133 mg	35
Zinc	6 mg	60
Selenium	50 µg	91

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

### INGREDIENTS

Potassium chloride, magnesium carbonate, hydroxypropyl methyl cellulose (capsule shell), zinc picolinate, sodium selenite.

### RECOMMENDED DOSAGE

2 capsules daily taken before a meal with plenty of liquid.

### NOTE

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

### ADDITIONAL NOTE

Biogena Erdensalz® Mineralien is citrate-free and therefore suitable for people who are not tolerated citrate or citric acid (citrates are the salts of citric acid).

### PACKAGE SIZE AND CONTENT

60 capsules (1 month supply), 43 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 30.06.2022.



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