

Potassium & Magnesium GL 2000



Mineral powder with L-glutamine

Potassium and magnesium for normal muscle function combined with L-glutamine

Sports and physical activities stress the body and in doing so, lead to an increased demand for energy and essential minerals. These are primarily needed to help maintain the muscle functions and performance. The elements potassium and magnesium in particular, play an important role because they contribute to the normal functioning of the muscles. Furthermore, sport has an impact on the electrolyte balance. Sufficient exogenous intake of minerals such as magnesium can help maintain the balance of electrolytes in the body in the case of physical stress. Amino acids are important for the endogenous formation of proteins, which in turn contribute to the maintenance and increase in muscle mass. L-glutamine is a non-essential amino acid, which can also be produced by the human body. The highest concentrations of L-glutamine in the human body are found in the muscles. Biogena Kalium & Magnesium GL 2000 is a powder with the two minerals potassium and magnesium combined with the amino acid glutamine in its bioidentical L-form.

Physiological importance of the vital substances contained:

- The minerals magnesium and potassium support the normal functioning of the muscles.
- Magnesium supports energy metabolism and plays a role in maintaining the electrolyte balance.
- Contains the amino acid glutamine in its bioidentical L-form.

Possible uses:

- To support normal muscle function and energy metabolism, particularly in times of physical stress
- To improve the electrolyte intake during sports and high loss of sweat
- For an increased intake of the amino acid L-glutamine
- Ideal for on the go!

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- 100 % vegan
- Quality tested

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INFORMATION

INGREDIENTS per daily dose	6 g	% NRV*
Potassium	1000 mg	50
L-glutamine	2000 mg	-
Magnesium	153 mg	41

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

INGREDIENTS

Magnesium potassium citrate, L-glutamine, acid: citric acid

RECOMMENDED DOSAGE

Daily dissolve the contents of one sachet (6 g) in plenty of water (approx. 250 - 300 ml) and drink with a meal.

NOTE

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


PACKAGE SIZE AND CONTENT

30 portions of 6 g each (1 month), 180 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. Kyowa Quality® and the KQ Logo are registered trademarks of Kyowa Hakko Bio Co. Ltd. Subject to print or typographical errors. Version 30.06.2022



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