

Magnesium 150



The 4-fold magnesium complex

Magnesium: important for more than 300 enzymes

Magnesium is involved in almost all processes in the cell. This mineral is particularly important for muscle function, the nerves and the nervous system, the maintenance of normal teeth and bones as well as for the electrolyte balance within the body. In the case of an increased requirement, due to stress or sports for example, a magnesium preparation can support the intake of magnesium in a targeted manner. Attention should be paid to magnesium with the regular intake of drugs (e.g. protection for the stomach (proton pump inhibitors)).

Magnesium 150: Magnesium complex with four compounds

Biogena Magnesium 150 contains four magnesium compounds for the targeted intake of the mineral. Magnesium supports nerve and muscle functions, maintains normal bones and teeth as well as the electrolyte balance within the body.

Physiological importance of the vital substances contained:

- Magnesium is important for normal muscle functions – both muscle contraction as well as relaxation
- Magnesium has important functions in nerve metabolism, supports the normal function of the psyche and helps reduce tiredness and fatigue
- Magnesium supports the electrolyte balance within the body

Possible uses:

- To support the muscles, particularly in case of increased physical stress
- To increase the magnesium intake in case of magnesium losses e.g. during sports or due to the regular intake of proton pump inhibitors
- For an improved intake of magnesium in case of an increased requirement, e.g. during growth and pregnancy
- To support the psyche and to maintain performance and vitality in phases of mental and physical stress

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BIOGENA
WELCOME TO YOURSELF

Bioavailable micronutrients in a pure form:

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Magnesium (Biogena Viersalz®-complex)	300 mg	80

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

INGREDIENTS

Biogena Viersalz®-complex (magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose.

RECOMMENDED DOSAGE

1–2 x 1 capsule daily taken outside mealtimes with plenty of liquid. For children under 10 years, 1 capsule per day is recommended. Magnesium can have a laxative effect in higher dosages. It is therefore better to spread the intake of larger quantities over the day.

NOTE

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

PACKAGE SIZE AND CONTENT

120 capsules (2 month supply), 68 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 at room temperature in a dry place and protected from light. Protect from heat. Keep out of the 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 05.07.2022.



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