

Mangan 4 mg



For a targeted manganese supply

Trace element for bones

Manganese is an essential trace element which, in comparison to other essential micronutrients, is only present within the body in very low quantities. Despite its low occurrence, manganese plays an important role in numerous metabolic processes. Thus, manganese is required for maintaining normal bones and cartilage and for the normal energy metabolism. Furthermore, manganese being an integral component of the antioxidative enzyme SOD (superoxide dismutase) helps protect cells against oxidative damages caused by free radicals.

Biogena Mangan: For the improvement of the alimentary manganese supply

Biogena Mangan contains the trace element manganese in a concentrated form. Manganese is required for maintaining normal bones, it contributes to the protection of cells from oxidative stress, and helps maintain normal energy metabolism.

Physiological importance of the trace element contained:

- Manganese plays an important role in the formation of bones and connective tissue
- Manganese contributes to a normal energy metabolism
- Since manganese is an integral component of the antioxidative enzyme superoxide dismutase (SOD), it contributes to protecting cells against oxidative damages caused by free radicals

Possible uses:

- To support the maintenance of normal cartilage and bones
- For a targeted increase of the manganese supply

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

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- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Manganese	4 mg	200

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

INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), manganese gluconate.

RECOMMENDED DOSAGE

1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

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

PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 22 g

Food supplement: The recommended daily intake should not be exceeded. The product should not be used as a substitute for a 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. Subject to print or typographical errors. Version 10.10.2018.



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