

# RythmoPlex®



**To support balanced electrolyte levels, for the musculature and blood pressure**

## Potassium and magnesium: Essential micronutrients for the blood pressure and musculature

The important minerals magnesium and potassium work closely together and are directly dependent on each other: Thus, potassium supports the uptake of magnesium into the cell, while a low magnesium level and its loss leads at the same time to a reduction in the potassium concentration. As a well-experienced team, the two minerals contribute to maintaining normal muscle function. In times of increased nutrient requirement, for example during sporting activities, magnesium can contribute to the electrolyte balance. Potassium, as the most common cation (positively charged ion) within the cell, plays a role in maintaining normal blood pressure. Biogena RythmoPlex® contains both potassium and magnesium in physiological dosages and meaningfully supplements the daily intake of this essential micronutrients.

### Physiological importance of the vital substances contained:

- The minerals magnesium and potassium support the normal functioning of the muscles
- Magnesium is important for the electrolyte balance
- Potassium plays a role in maintaining normal blood pressure

### Possible uses:

- To support normal muscle function
- For maintaining a normal blood pressure
- To increase the intake when more is needed, for example during sporting activities
- To support the electrolyte balance

### Bioavailable micronutrients in a pure form:

- Only active ingredients
- Free of additives
- Without colours, flavours or glazing agents
- Gluten-free
- 100 % vegan
- Fructose-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- Quality tested

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WELCOME TO YOURSELF

INGREDIENTS per daily dose	3 capsules	% NRV*
Potassium	450 mg	23
Magnesium	315 mg	84

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

## INGREDIENTS

Potassium bicarbonate, magnesium citrate, magnesium oxide, hydroxypropyl methyl cellulose (capsule shell), magnesium gluconate, magnesium carbonate.

## RECOMMENDED DOSAGE

3 capsules daily taken with plenty of liquid. A time interval of 1–2 hours to a meal is recommended. For children under 10 years 2 capsules per day are recommended.

## NOTE

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

## IMPORTANT NOTICE

Magnesium may have a laxative effect.

## PACKAGE SIZE AND CONTENT

120 capsules (40 day supply), 93 g

Food supplement: The recommended daily dosage should not be exceeded. No 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. Subject to print or typographical errors. Version 31.05.2019.



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