



CHEMICALS AND
PHARMACEUTICALS
FREIBURG

VITAMINS & MINERALS

Magnesium 100

What is Magnesium?

Magnesium has plenty of functions in the human body. It influences the transmission of stimuli of the nerve to the muscle, the release of adrenaline and bone mineralization.

Furthermore it activates over 300 enzymes in metabolism. It can prevent thrombosis (blood clotting) as it is a coagulation inhibitor.

Around 60% of the body's magnesium can be found in the bones, the rest in different organs and tissues and only about 1% are to be found in blood.





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Benefits of Magnesium 100

- _ Electrolytes Equilibrium
- _ Preserves Bone Strength & Dental Health
- _ Normalizes Energy Metabolism
- _ Supports Nervous System & Muscle Function
- _ Reduces Feelings of Tiredness & Fatigue
- _ Enhances Psychological Functioning
- _ Vegan

Ingredients

Magnesium Oxide, filler: (Microcrystalline Cellulose E460), release agent: (Magnesium salts of fatty acids E572).

Content

90 Tablets

(à 0,27g = 24,57g) e

DIETARY SUPPLEMENT

Zusammensetzung

Composition (Active Ingredient)	Per 1 tablet	Per 4 tablets (daily dosage)	RDA%*
Magnesium	100 mg	400 mg	100%

*RDA: percentage of the recommended daily dosage according to Annex 13 of Regulation VO (EU) 1169/2011 (LMIV).

Consuming Recommendation

Take 1 tablet with plenty of fluids 2–4 times a day.

Do not exceed the recommended dosage.

Storage Instructions

- _ Store in a cool & dry place.
- _ Keep away from direct sunlight.
- _ Keep out of reach of children.
- _ This product is a dietary supplement and not for medical use.
- _ This product is not intended to diagnose, treat, cure or prevent any disease.