# Magnesium

**Magnesium** contributes to normal functioning of the nervous system, to normal muscle function, to normal psychological function, to the maintenance of normal bones and teeth and to electrolyte balance. It contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Product contains two forms of magnesium: highly available magnesium bisglycinate (magnesium chelate) and magnesium oxide.

**Vitamin B6** contributes to normal functioning of the nervous system, to the normal function of the immune system and to normal psychological function. It contributes

to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. It also contributes to normal red blood cell formation and to the regulation of hormonal activity.

**Magnesium** contributes to normal functioning of the nervous system and to normal muscle function.

**Recommended use:** adults – 1 capsule a day, best consumed after a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

**Ingredients**: magnesium bisglycinate – magnesium chelate (52%), magnesium oxide, gelatin (shell ingredient), anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide, colour: titanium dioxide, pyridoxine hydrochloride.

**Intended use:** product supplements diet in magnesium and vitamin B6 . It is recommended especially for active people, enthusiasts of sports, people who work or study intensely, people exposed to stress and for the elderly.

**Daily dose** (1 capsule) contains:

magnesium 94 mg (25%*)

vitamin B 6 1.4 mg (100%*)

* % of nutrient reference value

## *Pack:*

- 36 capsules

- 72 capsules

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