

## MAGNESIUM EXTRA - 60 CAPSULES

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Essential for proper functioning of nerves and muscles.

### Description

Magnesium is a very important mineral for the human metabolism. It acts as a cofactor in many energy-producing reactions that take place in the mitochondria, which are the power sources of our body. Sufficient magnesium levels contribute, therefore, to a normal energy metabolism and, consequently, to a reduction in fatigue and exhaustion.

Sufficient magnesium is also necessary for the optimal functioning of muscles and nerve cells.

Besides it is also an important resource for the maintenance of bones and teeth.

Also, it contributes to a normal protein synthesis and plays a role in our cell division.

Magnesium also works in our body as a natural tranquilizer, as a kind of anti-stress agent. Magnesium deficiency together with other deficiencies may lead to the development of a number of psychological symptoms such as: nervous exhaustion, irritability, restlessness, lethargy and even depression.

'Magnesium Extra' contains 750mg of magnesium glycerophosphate per capsule, a natural organic magnesium salt. 'Magnesium Extra' has no side effects upon ingestion, unlike the classical, inorganic magnesium salts currently on sale. The traditional inorganic magnesium salts are not natural and, consequently, have side effects, especially in the intestinal area, often involving diarrhoea.

### Range of indications

- When feeling tired and lacking energy.
- to keep the psyche healthy
- keeps our muscle function normal.

### INSTRUCTIONS

Take 2 capsule per day with a little water during meals. Do not exceed the recommended daily intake. Store the product out of reach of young children.

Food supplements should not replace a varied and balanced diet and a healthy lifestyle.

### CONTRAINDICATIONS

Not suitable for pregnant and breastfeeding women.

No adverse effects known when using MAGNESIUM EXTRA

### Composition

Amount per capsule
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Magnesium glycerophosphate	750 mg
Vitamin B6	3 mg

<b>Categorie:</b>	Magnesium
<b>Form:</b>	Capsule
<b>Free from:</b>	No info
<b>Raw Material:</b>	Magnesium, Vitamin B6