



Magnesium Bisglycinate Capsules

Nutritional supplement
vegan

Good to know: Magnesium has many functions in our body and helps to keep the body functioning properly. In the form of the organic compound magnesium bisglycinate, magnesium can effectively exert its beneficial properties and is particularly recommended for people who are sensitive to other magnesium compounds.

Scientific evidence shows that magnesium

- contributes to a normal **muscle function**, particularly during sport and physical exertion.
- helps to keep muscle tissue relaxed and supple – even whilst resting and at night.
- contributes to a healthy **energy metabolism** and to reduce tiredness and fatigue
- contributes to the normal functioning of **the nervous system** and the psyche
- contributes to maintaining strong and healthy **bones and teeth**

Ingredients: magnesium bisglycinate, hydroxypropyl methylcellulose, anti-caking agent: silicon dioxide, magnesium stearate.

	per capsule	per daily dose (= 3 capsules)	% of the daily intake according to NRV*
Magnesium	75 mg	225 mg	60

*NRV = Nutrient Reference Value for daily intake in accordance with Regulation (EU) No 1169/2011

Recommended intake: Take 1 capsule 3 times a day with a meal and plenty of liquid.

Store away from light, in a dry place and at a temperature below 25 °C.

Food supplements should not be used as a substitute for a balanced, varied diet and do not replace a healthy lifestyle. Keep out of the reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 180 capsules = 131 g

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