

MAGNESIUM (90 CAPS.)

PRICE: **22,80** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL4061

EAN code: PL4061



DESCRIPTION OF THE ITEM

Magnesium

DIETARY SUPPLEMENT

Magnesium definitely belongs to the group of microelements without which the efficient functioning of the human body is impossible. Together with sodium, potassium, calcium and iron it forms the “five golden” metals indispensable for life.

Over a thousand books have been written about the role of magnesium in the functioning of the body and its organs! This should not come as a surprise to anyone: magnesium is accumulated in the mitochondria of our cells and participates in several hundred enzymatic reactions, many of which would not be able to happen without this element!

Magnesium helps reduce the feeling of tiredness and fatigue, maintains the right concentrations of electrolytes, contributes to maintaining proper energy metabolism, regulates protein synthesis, helps maintaining normal psychological functions, and plays a vital role in the process of cell division.

INGREDIENTS:

Magnesium malate, maltodextrin, anti-caking agents (magnesium stearate, silicon dioxide); capsule shell (gelatin, water).

KEY INGREDIENTS:

Content in the recommended serving (3 caps):

Magnesium..... 240 mg....64% RDI*

Malic acid.....1050 mg **

*RDI - Reference Daily Intake

**Reference Daily Intake not specified

RECOMMENDED USE:

1 capsule 3 times a day during a meal.

Do not exceed the recommended daily dose.

STORAGE CONDITIONS:

Store in a dry and cool place, out of reach of small children. After opening, store in the fridge.

Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.