



Magnesium Citrate 250 ml Minerals Drasanvi

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Description

Magnesium is an essential mineral for the body, however, and due to the type of diet, sometimes there may be a deficit. This deficiency may be present in children, adults, the elderly people or athletes. Magnesium, among others, is related to tiredness and fatigue, maintenance of bones and muscles, normal psychological function and normal protein synthesis. Magnesium is essential in approximately 300 reactions of the organism, therefore and because of its importance, we have chosen the best source of magnesium - magnesium citrate - to ensure better bioavailability.

Ingredients

Water , Magnesium citrate (*Magnesium 15,5%*) 36,683 g, Acid (*Citric Acid*) , Stabiliser (*Xanthan gum*) , Preservative (*Potassium sorbate*) , Flavour (*Peach flavour*) , Sweetener (*Sucralose*) , Dose
Amount of magnesium/per day %NRV, 5 ml 113,717 mg 30,3%, 10 ml 227,435 mg 60,6%, 15 ml 341,152 mg 91%, 20 ml 454,869 121,3%

Directions

Take the chosen measurement (5, 10, 15 or 20 ml)
a day, using the measuring cup.

Presentation

Contains 250 ml (8.75 fl oz)

Warnings

It contains sweetener. Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of younger children. Store in a cool, dry place.

Additional Information

Magnesium in the form of citrate

The magnesium we use is a form of Magnesium Citrate. Magnesium Citrate is the most bioavailable form of magnesium, which is better absorbed by the body. Besides this way of adding Magnesium, it avoids the gastric discomforts and laxative effects of other sources.

Nutrition Facts

Dose	Amount of magnesium/per day	%NRV
5 ml	113,717 mg	30,3%
10 ml	227,435 mg	60,6%

15 ml	341,152 mg	91%
20 ml	454,869 mg	121,3%

% NRV (Nutrient Reference Value)

Allergen Information

Allergen-free

Certifications

