



Magnesium Citrate 90 Tablets Minerals Drasanvi

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Description

Magnesium is an essential mineral for the organism, however, and due to the type of food, there may be a deficit of it. This deficiency may be present in children, adults, the elderly or athletes. Magnesium, among others, is related to tiredness and fatigue, bone maintenance, normal psychological function and normal protein synthesis. The Magnesium is fundamental in approximately 300 reactions of the organism, for that reason and due to its importance, we have chosen the best source of magnesium - magnesium citrate - to ensure a greater bioavailability.

Ingredients

Magnesium Citrate (*Magnesium 15,5%*) 1.062 mg, Bulking Agent (*Microcrystalline Cellulose*), Bulking Agent (*Magnesium salt of fatty acid*), Anti-caking agent (*Silicon Dioxide*), Dose *mg of Magnesium/day* % NRV, 1 tablet 82,31 mg 21,95%, 2 tablets 164,61 mg 43,90%, 3 tablets 246,92 mg 65,85%

Directions

Take 1-3 tablets daily, accompanied by a glass of water.

Presentation

Contains 90 tablets of 844,75 mg each.
Total weight: 76,03 g (2.7 oz)

Warnings

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 in the form of magnesium citrate. Magnesium citrate is the most bioavailable form of magnesium, that is, better absorbed by the body. Also this way of adding magnesium, avoids the gastric discomfort and laxative effects of other sources.

Nutrition Facts

Dose	mg of Magnesium/day	%NRV
1 tablet	82,31 mg	21,95%

2 tablets	164,61 mg	43,90%
3 tablets	246,92 mg	65,85%
% NRV (Nutrient Reference Value)		

Allergen Information

Allergen-free

Certifications

