



# Magnesium 60 Tablets Keto Drasanvi

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## Description

Magnesium is an essential mineral for the body. Magnesium, among other articles related to tiredness and fatigue, bone maintenance or normal psychological function. In summary, Magnesium is essential in approximately 300 body reactions; Because of its own importance, we have selected the best source of Magnesium -citrate- to ensure the greatest bioavailability. It is very common to have a deficiency of magnesium, and even more so in people who eat little carbohydrates, as is the case in a ketogenic diet.

## 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*)

## Directions

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Take 2 tablets a day, preferably on an empty stomach.

## Presentation

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Contains 60 tablets (850 mg/tablet). Total weight 51 g (1.80 oz)

## Warnings

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Food supplement based on Magnesium. 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 little kids. Store in a cool, dry place.

## Additional Information

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### Magnesium in citrate form:

The magnesium we use is in the form of citrate, which is the most bioavailable form of magnesium, that is, the best absorbed by the body. In addition, this way of adding magnesium, prevents gastric discomfort and laxative effects from other sources.

## Nutrition Facts

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per daily dose

Ingredient	Quantity	%NRV
Magnesium	164,61 mg	43,89%

% NRV (Nutrient Reference Value)

# Allergen Information

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Allergen-free

# Certifications

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