



Magnesium Citrate 90 Tablets Sport Live Drasanvi

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Description

Magnesium is an essential mineral for the body, however, and due to the type of diet, there may be a deficiency of it, especially in athletes. Magnesium, among other things, is related to tiredness and fatigue, bone maintenance, normal protein synthesis and is very important in muscle contraction. We have chosen the best source of magnesium - magnesium citrate - which improves 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 Amount 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, with a glass of water.

Presentation

Contains 90 tablets of 850 mg. Total weight 76,5 g (2.7 oz)

Warnings

Food supplement based on Magnesium.

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

Additional Information

Magnesium in citrate form

The magnesium we use is in the form of magnesium citrate. Magnesium citrate is the most bioavailable form of magnesium, i.e. the best absorbed by the body. Furthermore, this form of magnesium addition avoids the gastric discomfort and laxative effects typical of other sources.

Nutrition Facts

Dose	Amount 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 %

Allergen Information

Allergen-free

Certifications

