

Product information MAGNESIUM VIDA

Magnesium Vida contains a perfect blend of different magnesium salts.

It contains magnesium from magnesium taurate, magnesium chloride, magnesium malate and magnesium carbonate.

Magnesium supplementation may be necessary for:

- People for whom the continuous good supply condition of their bones, nerves and psyche is an important criterion,
- People whose eating habits seldom include typical sources of magnesium such as whole grain products, seeds, nuts or cocoa,
- people with an increased need for magnesium, e.g. during athletic exertion, during pregnancy and lactation, or in a growth phase.

Functions of magnesium

- Magnesium has a function in cell division
- Magnesium contributes to the reduction of tiredness and fatigue
- Magnesium contributes to normal functioning of the nervous system
- Magnesium contributes to normal mental function
- Magnesium contributes to normal muscle function.
- Magnesium contributes to the maintenance of normal bones
- Magnesium contributes to the maintenance of normal teeth
- Magnesium contributes to electrolyte balance
- Magnesium contributes to normal energy metabolism

Recommended dosage

Take 2 capsules daily with sufficient liquid.

Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of children. Do not exceed the recommended dosage.

Minimum shelf life

36 months

Ingredients

Magnesium taurate, magnesium chloride, magnesium malate, magnesium carbonate, vegetable capsule shell (hydroxypropyl methylcellulose).

Nutritional values

Amount per daily dosage of
2 capsules (2.26 g)

Magnesium	375 mg (100%*)
Magnesium Taurate	540 mg
Magnesium Chloride	530 mg
Magnesium Malate	500 mg
Magnesium Carbonate	470 mg

*NRV = % of the nutrient reference values

Net quantity

Net content 68 g

PZN CH
7296713

PZN DE
14022146

PZN AT
4805924

