BIOGENA

ESSENTIALS

Potassium Magnesium Citrate

The mineral duo potassium and magnesium in the easily absorbed and tolerated citrate form



PRODUCT DESCRIPTION

Potassium & magnesium - important for the musculature and nerves
Potassium and magnesium are two minerals that play an important role in different bodily functions. They are intrinsically involved in the interaction of nerve and muscle functions and therefore of special importance for the myocardial muscle. Thus, both minerals are involved in the normal sequence of muscular contraction and relaxation. Potassium is also involved in regulating the blood pressure and therefore has an impact on the circulatory system.

Biogena Potassium Magnesium Citrate: With magnesium to support the electrolyte balance
Biogena Potassium Magnesium Citrate contains potassium and magnesium in organic citrate compounds. Both minerals support the muscle and nerve functions as well as help the blood pressure. Magnesium also contributes to maintaining the electrolyte balance in the body.

Physiological importance of the vital substances contained:

- Potassium and magnesium contribute to the normal functioning of muscles and the nervous system
- Potassium helps maintain a normal blood pressure
- Magnesium supports the electrolyte balance in the body
- Magnesium helps reduce tiredness and fatigue

- Organic citrate compound
- Particularly well tolerated
- Free from additives
- 100% vegan

POSSIBLE USES

- To support muscle function, for example that of the heart, and to maintain a normal blood pressure
- To increase the magnesium and potassium uptake for example in the case of losses through sports or the use of medications that interfere with mineral uptake in the intestine

INGREDIENTS	PER CAPSULE	PER DAILY DOSE (3 CAPSULES)	% NRV *
Potassium	145 mg	435 mg	22
Magnesium	75 mg	225 mg	60

* % of the reference quantity according to EU Regulation 1169/2011.

INGREDIENTS

Magnesium citrate, potassium citrate, hydroxypropyl methyl cellulose (capsule shell).

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RECOMMENDED INTAKE

3 capsules daily taken outside mealtimes with plenty of liquid.

PACK SIZE

90 capsules (1 month supply), 85 g
180 capsules (2 month supply), 169 g

DESCRIPTION

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle.

STORAGE INSTRUCTIONS

Store in a dark, dry place at room temperature. Protect from heat.

Keep out of the reach of children.

NOTES

The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors.

Not an organic product according to VO (EU) 2018/848.

Suitable for diabetics.

QUALITY SEAL

GEPRÜFTE QUALITÄT Dr. Katzberg www.lefo.de

Vcaps® Plus

VEGAN

AUSTRIAN SCIENCE

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