BIOGENA

ESSENTIALS

Magnesium 150 mg

Four magnesium compounds, perfectly coordinated: For better absorption



PRODUCT DESCRIPTION

Magnesium is involved in over 300 enzyme reactions and plays a central role in your body. It contributes to normal muscle and nervous system function, normal bones and teeth, and electrolyte balance. Especially during demanding periods, such as intense physical activity or a stressful everyday life, a targeted magnesium supplement can be useful to support your daily intake.

- With 150 mg magnesium per capsule – without unnecessary additives
- Four perfectly balanced magnesium compounds – for your magnesium supply
- Magnesium supports your muscles and nerves* – for your well-being
- Perfect for you if you have an active lifestyle or are going through stressful periods
- Easy and suitable for everyday use: simply take 1–2 capsules daily with plenty of liquid between meals.

POSSIBLE USES

Magnesium 150 contains four high-quality magnesium compounds that provide a comprehensive supply. It has the following benefits:

- *Magnesium is important for normal muscle function – both during tension and relaxation
- *Magnesium supports normal nervous system and mental function
- *Magnesium helps reduce tiredness and fatigue
- *Magnesium supports the body's electrolyte balance
- *Magnesium helps maintain normal bones and teeth

INGREDIENTS	PER CAPSULE	PER DAILY DOSE (2 CAPSULES)	% NRV *
Magnesium (Biogena Viersalz®-complex)	150 mg	300 mg	80

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

INGREDIENTS

Biogena Viersalz®-complex (magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose.

RECOMMENDED INTAKE

1–2 x 1 capsule daily taken outside mealtimes with plenty of liquid. For children under 10 years, 1 capsule per day is recommended. Magnesium can have a laxative effect in higher dosages. It is therefore better to spread the intake of larger quantities over the day.

Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, biogena.com

Infoline Austria toll-free: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

Online orders: biogena.com

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PACK SIZE

120 capsules (2 month supply), 68 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









Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA.

Biogena GmbH & Co KG
Strubergasse 24, A-5020 Salzburg, biogena.com

Infoline Austria toll-free: T +43 662 23 11 11, info@biogena.com
Infoline Germany, Italy and International: T +49 8654 774 00-0, deutschland@biogena.com
Infoline Switzerland: T +41 43 215 20 59, schweiz@biogena.com

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