

Magnesium bisglycinate

125

For your daily magnesium intake: the organic form of magnesium bisglycinate – gentle and well tolerated.



PRODUCT DESCRIPTION

Are you looking for a magnesium supplement that supports your well-being without compromising tolerance or absorption? Then our magnesium bisglycinate capsules are perfect for you. In this special formula, magnesium is **bound to the amino acid glycine**: a combination that is not only gentle on the body but also particularly well absorbed.

Unlike conventional magnesium compounds, magnesium bisglycinate is recognised by the body as an amino acid and is largely absorbed in the same way. This means that it does not have to compete with other minerals for absorption in the intestine. If you have previously reacted sensitively to some forms of magnesium, bisglycinate may be an excellent alternative for you, as it is particularly gentle on the stomach. In addition, thanks to its chelated structure, it offers high bioavailability.

- Magnesium in organic form – bound to the amino acid glycine (chelated form)
- High tolerance – also suitable for sensitive individuals
- High bioavailability thanks to good water solubility
- Free from unnecessary additives – with the usual BIOGENA quality

POSSIBLE USES

- *Magnesium contributes to normal muscle function – both in muscle contraction and relaxation.
- *Magnesium contributes to normal energy metabolism and helps reduce tiredness and fatigue.
- *It also supports normal nervous system function and psychological function.
- *The body's electrolyte balance is maintained in part by magnesium.

INGREDIENTS	PER CAPSULE	PER DAILY DOSE (2 CAPSULES)	% NRV *
Magnesium	125 mg	250 mg	67

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

INGREDIENTS

Magnesium bisglycinate, hydroxypropyl methyl cellulose (capsule shell).

PACKAGE SIZE

90 capsules (1.5 month supply), 85 g

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 SEALS



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