BIOGENA

ESSENTIALS

Magnesium citrate

Organic magnesium citrate for muscles, nerves, and energy* – ideal for sports, stress, and activity



PRODUCT DESCRIPTION

Magnesium is a true all-rounder: As a cofactor for over 300 enzymes, it plays a key role in many cellular processes. This mineral is especially important for the normal function of muscles, nerves, and the mind, as well as for maintaining healthy bones and teeth. It also contributes to the balance of electrolytes in the body, which can depend on sufficient magnesium levels.

When there's an increased need – for example, due to exercise or stress – it can be beneficial to turn to a high-quality supplement.

Our magnesium citrate provides magnesium in a highly soluble organic form. For energy, balance – and well-being, day after day.*

- High dose magnesium citrate capsules from organic sources
- Perfect for sports, everyday life, and active energy
- Supports healthy muscles, nerves, and electrolyte balance*
- Magnesium helps reduce fatigue and tiredness*
- Only what matters – no unnecessary additives
- Ideal for your daily routine – take 2 capsules daily, outside of meals

POSSIBLE USES

Magnesium citrate is perfect for your daily magnesium supply:

- Ideal for increased magnesium needs, such as from exercise or chronic stress
- Supports your mind and electrolyte balance
- Magnesium contributes to normal muscle function
- Magnesium contributes to the normal function of the nervous system
- Magnesium supports normal energy metabolism
- Magnesium supports normal psychological function and helps reduce fatigue and tiredness
- Magnesium contributes to electrolyte balance
- Magnesium contributes to the maintenance of normal bones and teeth

INGREDIENTS	PER CAPSULE	PER DAILY DOSE (2 CAPSULES)	% NRV *
Magnesium	120 mg	240 mg	64

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

INGREDIENTS

Magnesium citrate, hydroxypropyl methyl cellulose (capsule shell).

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RECOMMENDED INTAKE

2 x 1 capsule daily taken outside mealtimes with plenty of liquid. Magnesium can have a laxative effect in higher doses. It is therefore better to spread the intake of larger quantities over the day.

PACK SIZE

90 capsules (2 month supply), 78 g
180 capsules (4 month supply), 154 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.

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