

Dolomit

Content

240 Piece / Tablets
PZN 5919570
RRP 35,90 €

Recommended intake

5 tablets / day

without

genetic engineering, artificial colorants, artificial flavorings, artificial conservation

free of

fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, sugar substitutes

Calcium and magnesium optimally combined.

Burgerstein Dolomit contains an optimal combination of calcium and magnesium and is geared towards special needs such as growth, sport or pregnancy and breastfeeding.

Magnesium and calcium products may be taken at the same time. Studies have not shown any interactions between the intake of magnesium and calcium at the recommended doses. Although magnesium and calcium have similar chemical properties, they are absorbed from the intestine via different transport systems. Calcium only reduces the absorption of magnesium if it is taken in quantities of more than 2 g per day.

Dolomit supports...

- **... Athletes**
Magnesium and calcium contribute to normal energy metabolism and normal bones. Magnesium supports normal muscle function and contributes to electrolyte balance.
- **... Pregnant women & breastfeeding mothers**
Magnesium has a function in cell division and contributes to normal muscle function and normal energy metabolism. Calcium and magnesium are also needed to maintain normal bones.
- **... Children and adolescents**
Calcium is needed for healthy growth and bone development in children.
- **... To supplement a multivitamin preparation**
For all known applications of calcium and magnesium.



Nutritional values	Per daily portion (5 tablets)	NRV*
Calcium	600,00 mg	75%
Magnesium	300,00 mg	80%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Calcium carbonate, bulking agents (cellulose), magnesium oxide, modified starch, anti-caking agents (silicon dioxide, magnesium salts of fatty acids), coating agents (hydroxypropyl methylcellulose, talc).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.

Important information: Magnesium supplements can have a laxative effect.