

MagnesiumVital



Content

90 Piece / Tablets
PZN 4069684
RRP 31,00 €



Recommended intake

2 tablets / day



without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

Magnesium for all cases.

Magnesium fulfils many tasks in the metabolism. It supports the normal function of the nervous system and muscles, is important for the maintenance of bones and teeth as well as a balanced electrolyte balance. In addition, magnesium contributes to the reduction of tiredness and fatigue as well as to normal mental function.

Burgerstein MagnesiumVital contains easily utilizable, organic magnesium compounds. The use of two types of magnesium, magnesium citrate and magnesium bisglycinate, ensures optimal utilization.

About 60 % of the total of about 20 - 30 grams of magnesium in our body is found in the bones, just under 30 % in the connective tissue, especially in the liver and in the muscles. Magnesium is always found where calcium is also needed and protects against intracellular calcium overload.

The product is suitable for vegans and vegetarians.

MagnesiumVital supports...

- **... during sport**
Magnesium contributes to electrolyte balance
Magnesium contributes to normal muscle function
- **... during pregnancy & breastfeeding**
- **... to reduce fatigue and tiredness**
Magnesium contributes to the reduction of tiredness and fatigue
- **... the energy metabolism**
Magnesium contributes to a normal energy metabolism
- **... the nerves**
Magnesium contributes to the normal function of the nervous system
Magnesium contributes to normal mental function
- **... Muscles, Bones & Teeth**
Magnesium contributes to normal muscle function
Magnesium contributes to the maintenance of normal bones / teeth

Causes of magnesium imbalance

- Insufficient intake with the daily diet
- Genetic predisposition or diseases of the gastrointestinal tract (absorption disorders)
- competitive sports (losses through sweat)
- Mental and physical stress
- Long-term use of certain medicines, e.g. for drainage, asthma, cortisone, laxatives, osteoporosis, proton pump inhibitors.
- Growth, pregnancy, breastfeeding
- Increased calcium and protein intake or high alcohol consumption

Magnesium deficiency

If magnesium is missing in the body, this becomes noticeable through various symptoms. Cramps and overstimulation of the muscles occur, which is noticeable through tingling and numbness. Furthermore, the body temperature may drop and fatigue may occur. Long-term consequences of a magnesium deficiency are calcification of blood vessels and kidneys (magnesium is the counterpart of calcium). A connection between a magnesium deficiency and disorders of the cardiovascular system such as angina pectoris ("chest tightness") is also being discussed.



Nutritional values	Per daily portion (2 tablets)	NRV*
Magnesium	300,00 mg	80%

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

Ingredients: Magnesium citrate, magnesium bisglycinate, fillers (sodium carboxy methyl cellulose, hydroxy propyl methyl cellulose), separating agents (magnesium salt from fatty acids, talc), coating agents (hydroxy propyl methyl cellulose, glycerine).

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 preparations with more than 250 mg magnesium can have a laxative effect.