

# RELAX YOUR BODY AND YOUR MIND

REDUCES TIREDNESS AND  
FATIGUE

CONTRIBUTES TO THE  
MAINTENANCE OF MUSCLES  
AND BONES

GLUTEN-FREE



MAGNESIUM

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### Essential mineral for the proper functioning of the human body

- Reduces tiredness and fatigue
- Contributes to the maintenance of muscles and bones
- Gluten-free

Magnesium is a vital mineral for the optimal functioning of the human body. It is a macromineral, meaning it is needed in large amounts. While most of the magnesium is stored in the bones, its involvement in biochemical reactions throughout the body is essential.

Among the most important functions of magnesium are: cellular energy production, by generating ATP, when this compound is lacking in the muscles, fatigue and performance reduction occur; it contributes to muscle **relaxation after contraction**; if this process doesn't take place, fatigue sets in.

Magnesium also affects the nervous system by acting on certain neurotransmitters (GABA), which have a calming effect on the central nervous system (CNS). This **helps reduce stress and anxiety levels**, contributing to the reduction of tiredness and exhaustion. Additionally, magnesium **helps induce a state of relaxation** that is favorable **for falling asleep**, allowing the body to repair and replenish its energy reserves, reducing fatigue the following day.

With just **three gummies a day, you'll get 250 mg of magnesium**, providing two-thirds of the daily requirement of this essential mineral. Furthermore, our gummies are perfect for anyone due to their delicious blueberry flavor and they **contain no gluten**.



GLUTEN FREE

**Ingredients:** Inulin, Sweetener: Maltitol; Magnesium Citrate, Gelling agent: Pectin; Water, Acidity Regulator: Citric acid; Flavoring, natural colour: carmine; Glazing Agent: Carnauba Wax; Acidity Corrector: Tricalcium Citrate.

**DIRECTIONS FOR USE:** Take 3 gummy candies at any time of the day.

**PRESENTATION:** Bottle containing 48 gummies (16 servings)

**FLAVOR:** Raspberry.

Nutritional Information	Per 3 gummies
Energy	63 KJ / 15 kcal
Fat	0 g
- of which saturated	0 g
Carbohydrates	1,5 g
- of which sugars	1 g
Fibres	5 g
Protein	0,8 g
Salt	0 g
Magnesium	250 mg (67%*)

\*% NRV = Reference Intake of an average Adult