

Magnesium Complex

Three organic forms of Magnesium

Superior bioavailability

250 mg of elemental Magnesium per serving

Vegan capsule shell - no fillers - no coloring

Each serving of our premium-quality Magnesium Complex provides 250 mg elemental magnesium from the three highly-bioavailable organic sources magnesium citrate, magnesium malate and magnesium bisglycinate. This combination makes our Magnesium Complex the perfect supplement to cover an increased demand of this highly-important micronutrient (e.g. for ambitious athletes or physically active people). Being an essential mineral, magnesium needs to be ingested via food or supplement regularly to avoid a deficiency. Within the human body, Magnesium is required for about 300 different enzymatic reactions and metabolic processes, playing a crucial role in cell division, protein synthesis & energy metabolism.

About 65% of magnesium in the human body is found in the skeleton, which is why magnesium also plays an important role in the maintenance of bone health. Furthermore, magnesium is involved in both muscle function & a normal functioning of the nervous system. It also contributes to a reduction of tiredness & fatigue, a normal psychological function and is essential for the maintenance of a normal electrolyte balance. We recommend taking two capsules right after your intense workout or at night before going to bed.

At WEIDER, our mission is to provide you with the best nutritional supplements, so you can perform at your best and live a healthy & active life. With an incredible 85 years of experience in this industry, we have come to understand the importance of using only the highest quality, most trusted ingredients in all our products.



Nutritional Information:

	per 2 capsules	* % NRV
Magnesium	250 mg	67

* % NRV = Reference Intake of an average Adult

Declaration:

Food Supplement. Capsules to swallow with Magnesium

Ingredients:

Magnesium malate, Glazing Agent: Hydroxypropyl methylcellulose (Capsule Shell); Magnesium citrate, Magnesium bisglycinate.

Recommendation:

Take two capsules per day with plenty of water.

Advice:

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep the product out of the reach of young children!

Content:

120 Capsules (60 servings)

