

# MgB6

## Muscular Relaxation

**Raises muscular function**

**The magnesium protects against cramping**

**Unique formula to fortify and promote its effects**

Victory Endurance's **MgB6** is a product of magnesium and vitamin B6, combined in proper doses for the most desirable results. It is recommended for all types of athletes, both strength and endurance; there are huge advantages for each. However, it is especially important for the endurance athletes, where the ongoing physical demands create an inherent condition that depletes the magnesium levels much more quickly. The following is a guide to the functions of the ingredients:

- **Magnesium** is fundamental for muscular function because it acts as a cofactor in many cellular enzymes. It works alongside calcium in muscular contraction/relaxation and clotting of the blood (calcium promotes while magnesium inhibits). The magnesium supplement becomes fundamental for athletes in general, but for stamina-oriented athletes in particular. They are the ones who lose greater quantities of Mg through perspiration and physical strain, which can lead to muscular cramping. The condition is elevated further by the loss of potassium and the rest of the mineral salts (electrolytes). The MgB6 capsules are infused with magnesium citrate, which has been demonstrated to produce the highest level of absorption and assimilation for the muscles\*.
- **Vitamin B6** is involved in the metabolism of proteins and fatty acids. It constructs parts of various enzymes and it plays a role in the formation of hemoglobin and myoglobin, which raise aerobic endurance. The combined use with magnesium is vital because it simultaneously improves the body's absorption and digestive assimilation on the cellular level. It also helps the body to prevent significant magnesium losses, which should be a major point of focus for any athlete.

*\*Reference: Walker et al., Magnesium Research 16: 183-191 (2003), in a study, it is demonstrated that magnesium citrate has a higher, more efficient level of bio-absorption than other preparations of magnesium.*



	per 3 capsules
Vitamin B6	2 mg (142%*)
Magnesium	245 mg (65%*)

\* % NRV = Percentage of Daily Reference Intakes for Adults

**Ingredients:** Magnesium Citrate, Gelatine, Anticaking Agents: Magnesium Salts of fatty Acids, Silicon Dioxide; Pyridoxine Hydrochloride (Vitamin B6), Colours: Iron Oxides.

**DIRECTIONS FOR USE:** Take 3 capsules before bed.

**RECOMMENDATION:** To increase the effectiveness, take before bed on an empty stomach.

**PRESENTACIÓN:** 90 capsules - 30 servings