

Mineral salts 25 Capsules

EAN: 8436000680690

FABRICANTE: AMLSPORT



During physical exercise, electrolytes are lost through sweat, which must be replaced to avoid dehydration and minimize its effects, such as muscle cramps, heat stress and fatigue.

DESCRIPTION

When practicing long-duration exercise, it is important to replenish these electrolytes, as well as provide the body with the vitamins involved in tissue regeneration, muscle recovery and metabolic processes of glycogen and proteins.

Instructions for use

Take one capsule every 90 minutes of intense exercise, accompanied by 100 ml of water. It is recommended not to take more than 10 capsules per day.

Average contents per daily dose of 2 capsules (1.50 g): potassium 298 mg (15% NRV*), sodium 142 mg **, magnesium 74.8 mg (20% NRV*), silicon 8.0 mg **, vitamin E 2.4 mg α -TE (20% NRV*), vitamin D 4.8 μ g (95% NRV*), vitamin B12 0.50 μ g (20% NRV*), vitamin B6 0.28 mg (20% NRV*), thiamine 0.22 mg (20% NRV*).

