

Magnesium 14 effervescent tablets

EAN: 8470003201018 FABRICANTE: AQUILEA



Aquilea effervescent magnesium is a food supplement. Magnesium is a mineral that reduces tiredness and fatigue. can be taken by athletes. It also contributes to the proper functioning of muscles and bones.

DESCRIPTION

What is Aquilea effervescent magnesium and what is it for?

Aquilea effervescent magnesium is a food supplement. Magnesium is an important mineral for regulating electrolyte balance and for reducing tiredness and fatigue.

What uses does effervescent magnesium from Aquilea have?

Aquilea effervescent magnesium is used by athletes or people who make great physical efforts since magnesium is a mineral that reduces tiredness and fatigue. Likewise, magnesium regulates the electrolyte balance, which in the case of athletes, due to sweating, is necessary to balance it due to the loss of minerals that occurs. And, on the other hand, magnesium is used to maintain the proper functioning of muscles and bones.

What are the benefits of effervescent magnesium from Aquilea?

The benefits of effervescent magnesium from Aquilea are that it provides proper functioning of muscles and bones and that it reduces tiredness and fatigue.

How do you take Aquilea effervescent magnesium?

The effervescent magnesium of Aquilea is taken dissolved in a glass of water, one tablet a day.

What ingredients does the effervescent magnesium of Aquilea have?

The effervescent magnesium of Aquilea as ingredients has: Magnesium 375 mg (100% NRV *) in the form of 1,000mg of magnesium bisglycinate, 700mg of magnesium carbonate and 176mg of magnesium oxide.

