

Magnesan Forte plus 120 Comp

EAN: 8711827073321 FABRICANTE: BONUSAN



Magnesan Forte Plus Magnesium bisglycinate plays a role in the transmission of stimuli between nerve cells. This contributes to normal psychological function. In addition, magnesium helps reduce tiredness and fatigue.

DESCRIPTION

The 'Plus' in the name indicates that the supplement contains vitamin B₆, L-glycine and taurine. These three substances not only make magnesium easier to absorb in the body, but are also a valuable supplement to the formula. We also call these types of 'extras' in a product **cofactors**. In addition, like magnesium, vitamin B₆ contributes to normal energy-yielding metabolism and helps reduce tiredness and fatigue.

Elemental magnesium is the crux of the matter. The amount of elemental magnesium tells how much of the 'pure' mineral the supplement contains and indicates what proportion of the active substance the body can actually use. Thus, each Magnesan Forte Plus tablet contains a comfortable 150 mg of elemental magnesium, and the powder contains 114 mg per teaspoon.

Instructions for use

Take one tablet 1 to 3 times a day during or immediately after meals.

Take Magnesan Forte Plus preferably spread throughout the day. It is not necessary to take it with meals, but it is better not to take minerals on an empty stomach.

Since magnesium contributes to normal energy-yielding metabolism, it is good to take magnesium **early in the morning**. You can also take magnesium bisglycinate in the evening, about an hour **before going to bed**, since magnesium contributes to normal psychological function and the normal functioning of the nervous system.

Composition per tablet

Magnesium (as magnesium bisglycinate) 150 mg

Taurine 100 mg

L-Glycine 100 mg



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Active vitamin B6 (as pyridoxal-5-phosphate) 0.90 mg

Ingredients

Magnesium bisglycinate, bulking agent (microcrystalline cellulose), bulking agent (hydroxypropylcellulose), anti-caking agent (fatty acids), taurine, glycine, anti-caking agent (magnesium salts of fatty acids), pyridoxal 5'-phosphate, coating agent (hydroxypropylmethylcellulose, glycerin, hydroxypropylcellulose).

Allergens

Does not contain: Synthetic colors, flavors and fragrances, Preservatives, Yeast, Corn, Added sucrose.

Suitable for vegans and vegetarians.

