

## Magnesium Citrate + Q10 60 vcaps

EAN: 8437027176241 FABRICANTE: DISMAG



*Food supplement that protects against oxidative damage and cardiovascular function.*

### DESCRIPTION

Combination of two organic Magnesium salts (Magnesium Citrate and Magnesium Bisglycinate) with a high absorption profile together with Coenzyme Q10. The excellent absorption profile of these two organic salts makes it a leading option when it comes to supplementing Magnesium deficiency. Coenzyme Q10, present in the body as an important antioxidant and a key element in the production of ATP, complements Magnesium in activities such as intense physical exercise, musculoskeletal health or other processes in which Magnesium or energy production are involved.

Its function in the body is essential due to its role in energy production, as it is part of the chain by which our energy is produced in the cells, and due to its antioxidant function. Coenzyme Q10 plays an important role in **protection against oxidative damage** and in **cardiovascular function**. There are different factors, such as some medications, age, gastric diseases, vitamin deficiencies, stress response, smoking or alcohol consumption that cause our reserves to drop, with their consequences. In addition, CoQ10 levels can be reduced by intense training or physical effort or overexertion. In these processes, CoQ10 consumption increases; and low levels can trigger myalgia (muscle pain, especially in the legs) due to CoQ10 deficiency.

### Ingredients per 1 capsule

Magnesium citrate (30% Mg) 235 mg, Magnesium bisglycinate (11.5% Mg) 200.85 mg, Vegetable capsule, Bulking agent (microcrystalline cellulose), Coenzyme Q10 (98% CoQ10) 30.61 mg, Bamboo trunk dry extract, Anti-caking agents (vegetable magnesium stearate and magnesium salts of fatty acids).

### Instructions for use

Take one capsule daily.

### Nutritional value

Nutritional value	Daily dose	%NRV
Magnesium	94 mg	25 %
Coenzyme Q10	30 mg	

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%NRV: Nutrient Reference Values

### Warnings

In **patients on anticoagulants** , before starting to use it, they should first consult with their doctor so that he can take it into account.

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