

Regendol Magnesium 40 Tablets

EAN: 8420101217046 **FABRICANTE:** ELADIET



Food supplement based on three sources of magnesium (bisglycinate, citrate and magnesium oxide), highly soluble and bioavailable. Improves muscle function and bone maintenance under normal conditions.

DESCRIPTION

What is Regendol Magnesium?

Food supplement based on three sources of magnesium (bisglycinate, citrate and magnesium oxide), highly soluble and bioavailable.

Magnesium is one of the main minerals in the human body, which is involved in multiple processes, helping to reduce tiredness and fatigue, contributing to the normal functioning of muscles and the maintenance of bones in normal conditions.

Magnesium is a mineral with many benefits:

- Promotes relaxation.
- oxygenation
- The normal functioning of muscles and bones.

Functions of magnesium in our body:

- As we increase our physical activity, we will need more magnesium.
- A high level of magnesium improves our muscle performance.
- Exercising without sufficient levels of magnesium can lead to oxygen consumption and a lower heart rate.

How to take Regendol Magnesium?

Take 2 tablets a day, preferably take one with breakfast and one with lunch.

For 2 tablets: Magnesium (375mg) (100% VRN*); *NRV: Nutritional Reference Value.

