

MagAsorb 60 Tablets

EAN: 5055148402228 FABRICANTE: LAMBERTS



MagAsorb®. Magnesium Citrate 150 mg, plus absorption 60 tablets. Nervous system support, reduces tiredness and fatigue and more.

DESCRIPTION

Magnesium as a dietary supplement is the ideal way to prevent deficiencies in the body of this important mineral.

The important properties of magnesium are increasingly recognized and dietary supplementation is recommended, since magnesium deficiencies cause many preventable disorders.

According to official data, 72% of women and 42% of men in the UK do not consume enough magnesium in their diet, which is mainly due to food processing and refining which can remove a large proportion of a food's magnesium. Multivitamin supplements typically provide little or no magnesium.

Magnesium is recognized as a mineral with important functions, some of which we mention such as:

- It contributes to the normal functioning of the nervous system.
- Helps reduce tiredness and fatigue.
- Contributes to normal psychological function.
- It contributes to the maintenance of bones in normal conditions.
- It contributes to the normal functioning of muscles, including the heart muscle.
- It contributes to maintaining electrolyte balance.

LAMBERTS® MagAsorb® provides highly bioavailable magnesium in citrate form, as it is the form most easily absorbed by our body and there are abundant scientific studies that support the use of magnesium in this chemical form.

In tests comparing MagAsorb® with two other magnesium compounds commonly used in the UK, the absorption of MagAsorb® into the body was far superior.

White coated oval tablet.

Each tablet provides:

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222
<https://bio-farma.es/buy/f/lamberts/magasorb-60-tablets>



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Magnesium (as Citrate)	150 mg
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Disintegration time:

Less than 1 hour.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

More than 250mg of magnesium may cause mild stomach upset in sensitive individuals. Reducing or dividing the dose throughout the day may help.

Instructions for use:

Take 1 to 3 tablets daily with meals.
Do not exceed the strictly recommended daily dose.
One container lasts: 60 days max.

