

Magnesium 375 180 Tablets

EAN: 5055148411428

FABRICANTE: LAMBERTS



This product provides 100% of the recommended daily dose (375 mg) per tablet, plus the following benefits: Easy-to-swallow tablets. One-a-day formula. Unique blend of 4 different magnesium compounds (such as hydroxide, oxide, citrate and carbonate) that allow you to ingest the recommended daily dose of this important mineral in a convenient intake of just one tablet per day.

DESCRIPTION

Our highest concentration of Magnesium per tablet: 375 mg (100% NRV).

Magnesium is classified as an essential nutrient, which means that we must obtain it from our diet and as a dietary supplement it is the ideal way to avoid deficiencies in the body of this important mineral.

The importance of magnesium properties is becoming increasingly evident and daily supplementation through diet is recommended, since magnesium deficiencies cause many preventable disorders.

Various sources believe that magnesium in carbonate form, as well as in hydroxide form, helps reduce stomach acidity.

According to official data, 72% of women and 42% of men in the UK do not consume enough magnesium in their diet, given the processing and refining of foods that can remove a large proportion of the magnesium from them.

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.

White oval tablet



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Each tablet provides:

Magnesium (as hydroxide, oxide, citrate and carbonate) 375 mg

* NRV = Nutrient Reference Value

Tableted / Encapsulated with: See product label.

Disintegration Time: Less than 1 hour.

Suitable for Vegetarians and Vegans.

Allergen note

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

Precautions

May cause mild stomach upset in sensitive individuals.

Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.

Instructions for use:

- Take 1 tablet daily.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 180 days.

