

Manganese 100 Capsules

EAN: 5055148412821 FABRICANTE: LAMBERTS



Manganese 4 mg as Citrate. Increased absorption. Helps with energy metabolism, connective tissue formation and more.

DESCRIPTION

Minerals are inorganic substances that cannot be synthesized in the body and therefore must be supplied through the diet. They actively participate in regulating a wide range of physiological functions. Minerals are divided into two main groups: macrominerals and trace elements (this classification is based on the amount that the body needs of each of them). Generally, when the body needs to ingest less than 15 mg of a mineral daily, it is classified as a trace element.

Our bodies contain only a trace amount of manganese, but this essential trace mineral performs many important functions in the body.

Manganese is an essential mineral for normal energy metabolism and is necessary for the development and maintenance of healthy bones. It is also necessary for the normal function of connective tissue and the immune system, as it contributes to the protection of cells against oxidative damage.

LAMBERTS[®] Manganese 4 mg is provided in the citrate form, for better absorption. Rich sources of manganese include whole grains, nuts and vegetables. All of the LAMBERTS[®] multiple vitamin and mineral formulas also provide adequate levels of manganese, so one of them may be a good choice as they also provide other nutrients.

Round white coated tablet.

Each tablet provides:

Manganese (as Citrate) 4 mg

Tableted / Encapsulated with:

See product label.

Disintegration time:

Less than 1 hour.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241218
<https://bio-farma.es/buy/ff/lamberts/manganese-100-capsules>



Manganese 100 Capsules

EAN: 5055148412821 FABRICANTE: LAMBERTS



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.

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 with food.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 100 days.

