

## MAGNESIUM BISGLYCINATE 150 comp

EAN: 8437026257088    FABRICANTE: Méderi Nutrición Integrativa



*Food supplement based on magnesium, vitamin B6 and taurine.*

### DESCRIPTION

#### What is Magnesium Bisglycinate from Mederi Nut used for?

**Magnesium** helps reduce tiredness and fatigue, normal protein synthesis and the cell division process; It contributes to the normal functioning of muscles, the nervous system, energy metabolism, electrolyte balance and maintaining good psychological function and the maintenance of bones and teeth in normal conditions.

**Vitamin B6** helps reduce tiredness and fatigue, regulate hormonal activity and normal formation of red blood cells. It contributes to the proper functioning of the immune system, the nervous system and normal psychological function, to normal energy metabolism, to the metabolism of proteins, glycogen, homocysteine and also cysteine.

#### What is the recommended daily dose of Magnesium Bisglycinate from Mederi Nut?

Take one or two tablets a day, with half a glass of water.

#### What is the composition of Magnesium Bisglycinate from Mederi Nut?

- Magnesium bisglycinate.
- Bulking agent (microcrystalline cellulose).
- L-Taurine.
- Anti-caking agent (magnesium salts of fatty acids).
- Coating: AquaPolish® F clear 099.28 MS (coating agent: hydroxypropylmethylcellulose, anti-caking agents: microcrystalline cellulose and stearic acid).
- Anti-caking agent: AEROSIL® 200 F (silicon dioxide) and pyridoxal 5'-phosphate (vitamin B6).

#### What is the nutritional value of Magnesium Bisglycinate from Mederi Nut?

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122  
<https://bio-farma.es/buy/ff/mederi-nutricion-integrativa/magnesium-bisglycinate-150-comp>





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### Ingredients 2 tablets \*NRV%

Magnesium	300mg	80.0%
L-Taurine	210mg	
Vitamin B6	2mg	142.9%


### Does Magnesium Bisglycinate from Mederi Nut have any contraindications?

Not recommended for children under 10 years of age and adolescents.

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