

Colageum with Magnesium (VANILLA) 540 g

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Collagen with magnesium Naturlider powder to dissolve in water or other drinks, is fantastic for reducing joint pain, in the case of arthritis, osteoarthritis, osteoarthritis since it increases the flexibility of the joints.

DESCRIPTION

Collagen with magnesium from Naturlider is the best ally for joint pain, since it increases the **flexibility** of the joints, thus relieving pain in the case of **arthritis, osteoarthritis, osteoarthritis**.

Magnesium together with collagen enhances the benefits, as well as **reduces fatigue**, prevents cramps and is beneficial for the skin, since it reduces wrinkles and your skin looks more beautiful.

Collagen is a protein that represents more than 25% of the total proteins that are part of our body, it is one of the most important proteins. Its importance lies in the fact that it generates very resistant and flexible fibers, these fibers are collagen fibers, these are part of numerous tissues in our body, they are found mainly in joints, bones, skin, muscles and tendons and it gives them their properties. It also includes among its ingredients:

MAGNESIUM AND VITAMIN D:

Magnesium and vitamin D contribute to normal muscle function.

Magnesium and vitamin D contribute to the maintenance of bones in normal conditions.

VITAMIN C:

Vitamin C contributes to normal collagen formation for normal bone function.

Vitamin C contributes to the normal formation of collagen for the normal function of cartilage.

VITAMINS B6 and B2:

Vitamin B6 and B2 help reduce tiredness and fatigue.

