

Magnesium Carbonate 120 Tablets

EAN: 8435110851778 **FABRICANTE:** NATURLIDER



Naturlider Magnesium Carbonate in tablets restores the electrolyte balance in our body, it also has a laxative effect because it facilitates bowel movements. Due to its magnesium content, it helps reduce tiredness and fatigue.

DESCRIPTION

What is Naturlider Magnesium Carbonate and what is it used for?

Naturlider Magnesium Carbonate in tablets is a food supplement with a high magnesium content, which helps to reduce tiredness and fatigue.

On the other hand, Naturlider magnesium carbonate contributes:

- To the electrolyte balance.
- To normal energy metabolism.
- To the normal functioning of the nervous system.
- To the normal functioning of the muscles.
- To normal protein synthesis.
- To normal psychological function.
- To the maintenance of the bones in normal conditions.
- To the maintenance of the teeth in normal conditions.
- The process of cell division.
- To reduce tiredness and fatigue.

What are the indications of Naturlider Magnesium Carbonate?

Naturlider Magnesium Carbonate is indicated for:

- Constipation: improvement of intestinal transit.
- Heartburn.
- Magnesium deficiency states (old age, anxiety, cramps, tics, contractures).
- Helps in tiredness and fatigue.
- Maintain in good condition and repair the wear of cartilage, tendons and bones.



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Does Naturlider Magnesium Carbonate have Interactions, side effects or Contraindications?

Consult the professional in case of pregnancy or lactation, if you are being treated with medication or have special medical conditions.

Can Naturlider Magnesium Carbonate interact with any medication?

Magnesium supplements may interact or interfere with some medications. For example:

- Bisphosphonates, used to treat osteoporosis, are not well absorbed when taken without sufficient time (before or after) ingestion of dietary supplements or medications with high amounts of magnesium.
- Antibiotics may not be absorbed if they are taken too soon (before or after) after taking a magnesium dietary supplement.
- Diuretics can increase or reduce the loss of magnesium through urine, depending on the type of diuretic.
- Medicines prescribed to relieve symptoms of acid reflux or to treat peptic ulcers can cause low levels of magnesium in the blood when taken for a long time.
- Very high doses of zinc supplements can interfere with the body's ability to absorb and regulate magnesium.

