

Magnesium Carbonate 150 g

EAN: 8435110851761 FABRICANTE: NATURLIDER



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

On the other hand, Naturlider magnesium carbonate also restores electrolyte balance, so it has a laxative effect.

What are the properties of Naturlider Magnesium carbonate powder?

Magnesium carbonate provides 425 mg of magnesium in each daily dose, which contributes to electrolyte balance.

Additionally, magnesium:

- Contributes to normal energy metabolism and normal protein synthesis.
- Contributes to the normal functioning of muscles and the maintenance of bones in normal conditions.
- Helps reduce tiredness and fatigue.

How should I take Naturlider Magnesium Carbonate powder?

The recommended daily consumption of Naturlider Magnesium Carbonate is 1.5 g per day.

You should take 1.5 g (2 dessert spoons) a day, diluted in water, juice or any other liquid, preferably before breakfast.

