

## Tryptophan Magnesium Vitamin B6 120 Tablets

EAN: 8435110852331 FABRICANTE: NATURLIDER



*Tryptophan, magnesium and vitamin B6 Naturlider are the three ingredients that act synergistically as support in times when we feel "overwhelmed" by our daily tasks, in peaks of stress, when we feel tired, listless, apathetic, exam times as well as in slimming diets, since it reduces the desire to snack between meals.*

### DESCRIPTION

#### What is Tryptophan Magnesium Vitamin B6 Naturlider and what is it used for?

**Naturlider Tryptophan** also contains in its composition: magnesium and vitamin B6:

Tryptophan is an essential amino acid that is obtained from foods such as milk, eggs, nuts, etc., but in certain situations in which we need an extra contribution ( **tiredness , weakness , apathy , lack of concentration** , etc.).

Magnesium and vitamin B6 help reduce tiredness and fatigue and contribute to the normal functioning of the nervous system, normal psychological function and normal **energy metabolism** .

Vitamin B6 also helps regulate **hormonal activity** and contributes to the normal metabolism of proteins and glycogen, as well as the formation of red blood cells.

#### What are the properties of Naturlider tryptophan magnesium vitamin B6?

- Tryptophan is an essential amino acid that is obtained from foods such as milk, eggs, nuts, etc., but in certain situations we need an extra contribution (fatigue, weakness, apathy, lack of concentration, etc.).
- Magnesium and vitamin B6 help reduce tiredness and fatigue and contribute to the normal functioning of the nervous system, normal psychological function and normal energy metabolism.
- Vitamin B6 also helps regulate hormonal activity and contributes to normal protein and glycogen metabolism, as well as the formation of red blood cells.

The three ingredients act synergistically to support us during times when we feel "overwhelmed" by our daily tasks, during peaks of stress, when we feel tired, depressed, apathetic, during exam periods, as well as during weight loss diets, as it reduces the desire to snack between meals.



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### What is the recommended daily dose?

One tablet with lunch and one tablet with dinner for three months, then one month off.

### What are the ingredients of Tryptophan Magnesium Vitamin B6 Naturlider?

Magnesium citrate (15.43% magnesium) 250 mg, bulking agent (microcrystalline cellulose), L-tryptophan 150 mg, anti-caking agents (magnesium stearate and silicon dioxide) and vitamin B6 (pyridoxine hydrochloride) 0.43 mg.

