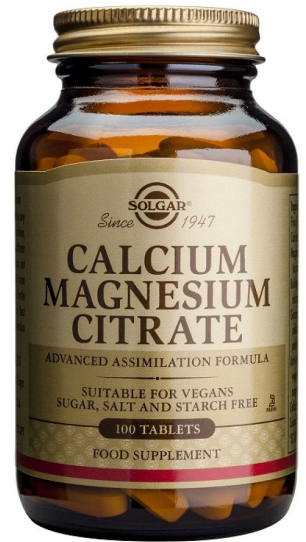


Calcium Magnesium Citrate 100 Tablets

EAN: 033984005099

FABRICANTE: SOLGAR



Food supplement based on calcium and magnesium in a 2:1 ratio for a balanced dosage of both minerals, contributing to the maintenance of bones, muscle function and energy production.

DESCRIPTION

Calcium and magnesium are two important nutrients.

Calcium is the most abundant mineral in the body and is stored mainly in the bones. With age, calcium absorption may be reduced, so it is essential to ensure sufficient calcium in the diet by consuming dairy products such as milk, yogurt and cheese. Providing adequate calcium as part of a healthy diet, along with physical activity, can reduce bone-related health problems in older people.

Magnesium is important for life, both animal and plant. Together with calcium, it helps maintain strong bones and is involved in a multitude of reactions in the body.

Calcium and magnesium contribute to the maintenance of bones and teeth, muscle function and energy production.

Indications

People who want to optimize their calcium and magnesium intake.

People who want to take care of their bones and muscles.

Individuals who want to support energy production.

Benefits

Support for the well-being of bones and muscles.

With calcium and magnesium in citrate form, with greater absorption than other non-organic calcium and magnesium salts.

2:1 ratio of calcium and magnesium per tablet.

Suitable for people who want to take care of their bones and muscles - calcium and magnesium contribute to the normal functioning of muscles and are necessary for the maintenance of bones in normal conditions.

No sugars. Without gluten.

It does not contain starch, yeast, wheat, soy, dairy derivatives, preservatives, sweeteners, colorings or flavorings.

Suitable for vegans.

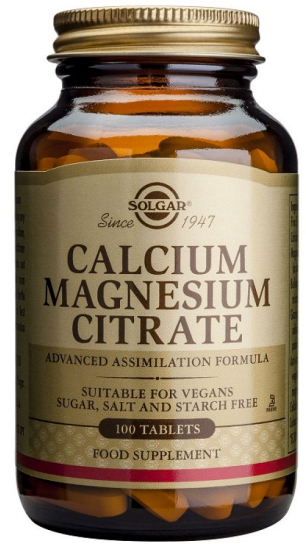




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Ingredients

Calcium citrate, magnesium oxide, magnesium citrate, bulking agent (microcrystalline cellulose), anti-caking agents (stearic acid, magnesium stearate, silicon dioxide), stabilizer (cross-linked cellulose gum), coating agents (hydroxypropylmethylcellulose, glycerin, carnauba wax).

Recommendations for use

For adults, take two (2) tablets daily, preferably with meals.

Swallow the tablets with water or another drink.

The daily dose expressly recommended for this product should not be exceeded.

Conservation

Keep the container tightly closed at room temperature.

Do not consume the product if the internal seal is damaged.

This product contains ingredients that may result in a normal variation in color and appearance over time.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241124
<https://bio-farma.es/buy/f/solgar/calcium-magnesium-citrate-100-tablets>

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