

Cal-Mag-Citrat Komplex



Mineral compounds with high bioavailability

Selected vital substances for maintenance of bones

The cornerstone for strong bones is already laid in one's youth: bone is formed up to the age of 30, after which bone mass is maintained but then starts to diminish with increasing age. A range of bone-relevant micronutrients supports the micro-architecture of the bone tissue. Calcium, magnesium, zinc, manganese and vitamin D are important bioactive substances that support the maintenance of normal bones.

Cal-Mag-Citrat Komplex: With vital substances for bones and teeth

Cal-Mag-Citrat Komplex is a special combination preparation to support bone metabolism. With easily absorbed calcium and magnesium citrate, the trace elements manganese and zinc as well as the sun vitamin D3, this vital complex plays an important role in the maintenance of normal bones and teeth.

Physiological importance of some selected vital substances contained:

- Calcium and magnesium are building blocks for bones and teeth
- Vitamin D contributes to normal uptake of calcium and the maintenance of normal bones
- Manganese and copper contribute to the formation of connective tissue

Possible uses:

- To maintain normal bones and teeth
- For improved intake of bone-relevant micronutrients, e.g. during old age or growth
- For a targeted intake of bone-relevant micronutrients in particular phases of life – especially for women during and after menopause and for the elderly

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Free of additives
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	3 capsules	% NRV*
Calcium	252 mg	32
Magnesium	63 mg	17
Zinc	10.5 mg	105
Manganese	2.7 mg	135
Copper	1 mg	100
Vitamin D3	3 µg	60
Vitamin K1	30 µg	40

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Calcium citrate, magnesium citrate, hydroxypropyl methyl cellulose (capsule shell), zinc-D-gluconat, manganese-II-gluconate, cupric citrate, cholecalciferol, phylloquinone.

RECOMMENDED DOSAGE

3 x 1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

PACKAGE SIZE AND CONTENT

120 capsules (40 day supply), 75 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 30.06.2022.



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