

M-Formula®



Magnesium and active vitamin B2 to support the energy metabolism and nervous system

Biogena M-Formula® – The natural alternative

Stress, noise and foehn weather sometimes cause headaches. In such situations it is important to keep a clear head. Biogena's M-Formula® supports this naturally with ginkgo extract, the mineral magnesium, active vitamin B2 and coenzyme Q10. But what exactly makes this vital substance formula so valuable? The two power substances magnesium and vitamin B2 support both energy and nerve metabolism and thus ensure mental vitality and well-being. The sun vitamin D and the mineral magnesium also support muscle functions. The high-quality micronutrient preparation is supplemented by the already mentioned ginkgo extract, coenzyme Q10 (KANEKA UBIQUINOL™) and alpha lipoic acid. With M-Formula® becomes clear: Micronutrients are also head thing.

M-Formula®

- Magnesium and vitamin B2 help the normal function of the energy metabolism and nervous system
- Magnesium and vitamin D support the maintenance of normal muscle function
- Vitamin B2 helps protect cells against oxidative stress
- Contains ginkgo extract, coenzyme Q10 (KANEKA UBIQUINOL™) and alpha-lipoic acid

Possible uses:

- As a nutritional contribution for energy metabolism and the nervous system
- To support muscle function and as protection against oxidative cellular stress
- For the targeted intake of high-quality plant substances and micronutrients

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
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	2 capsules	% NRV*
Riboflavin (activated)	150 mg	10714
Vitamin D3	25 µg	500
Magnesium	250 mg	67
Ginkgo biloba extract	100 mg	-
R-alpha lipoic acid	150 mg	-
Ubiquinol (KANEKA UBIQUINOL™)	60 mg	-

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

INGREDIENTS

Biogena Viersalz®-complex (magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate), hydroxypropyl methyl cellulose (capsule shell), sodium riboflavin 5'-phosphate, ubiquinol (contains **soybean**), alpha lipoic acid, Ginkgo biloba extract, cholecalciferol.

RECOMMENDED DOSAGE

2 capsules daily taken before a meal with plenty of liquid.

NOTE

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

ADDITIONAL NOTE

Not suitable for children, adolescents and during pregnancy and breastfeeding.

PACKAGE SIZE AND CONTENT

60 capsules (1 month supply), 49 g

Food supplement: The recommended daily intake should not be exceeded. The product should not be used as a substitute for a varied diet and a healthy lifestyle. Store at room temperature in a dry place and protected from light. Protect from heat. Keep out of the reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. KANEKA UBIQUINOL™ is a registered trademark of KANEKA Corp. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 15.09.2022



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