

Magnesium bisglycinate 125



High quality magnesium for sensitive persons

Magnesium exists in many different compounds - inorganic and organic - which differ chemically in their structure. In its organic form as magnesium bisglycinate, magnesium is bound to two molecules of the amino acid glycine. This so-called "chelate form" gives the compound a high bioavailability. Magnesium bisglycinate is not absorbed by the body like a mineral, but as an amino acid. This means that magnesium does not have to compete with other minerals for absorption from the intestines. Due to the effective utilization of this magnesium compound, this preparation is ideally suited for use in sports before strenuous training sessions.

In addition, magnesium bisglycinate is characterised by an extremely good tolerance. Due to its special structure, chelated magnesium offers a low risk of digestive problems and is therefore a gentle alternative to other magnesium compounds for sensitive persons.

Magnesium is the fourth most common mineral in the body and therefore one of the most important minerals for health. In terms of quantity, the largest part of magnesium is found in bones and teeth, whose preservation it supports. But it is also essential for normal muscle function and is therefore of particular benefit to athletes. Increased stress at work or in private life leads to an increased consumption of magnesium. An adequate supply of magnesium can support the normal processes in the nervous system and psyche during these times.

The new Biogena Magnesiumbisglycinate 125 combines good bioavailability and tolerability and thus optimally completes the Biogena Magnesium product range.

Magnesiumbisglycinate 125

- With magnesium bisglycinate, a well tolerated and bioavailable organic form of magnesium
- Magnesium chelated to the amino acid L-glycine with special properties
- Magnesium plays a role in normal muscle function - both in muscle tension and relaxation
- Magnesium contributes to normal energy metabolism and helps reduce fatigue and tiredness.
- Magnesium also helps to support the normal functioning of the nervous system and the psyche.
- The electrolyte balance of the body is kept in balance by magnesium, among other things

Possible applications:

- For refilling the accumulators in case of magnesium losses, e.g. due to mass and competitive sports or the intake of proton pump inhibitors
- To support the musculature and during increased physical strain
- For increased magnesium requirements during growth and pregnancy
- To support the psyche and to maintain performance and vitality in phases of mental and physical stress

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Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Free of any additives
- No dyes, flavouring, coating substances
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100% vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Magnesium	250 mg	67

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

INGREDIENTS

Magnesium bisglycinate, hydroxypropyl methyl cellulose (capsule shell).

RECOMMENDED DOSAGE

2 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

90 capsules (1.5 month supply), 85 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 06.07.2022



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