

# BIOGENA minis - Siebensalz® Magnesium



**Unique: With 7 magnesium compounds**

## **Magnesium – essential for the functioning of over 300 enzymes**

Magnesium is involved in almost all the metabolic processes in the cell. This mineral is particularly important for muscle function, the nerves and the nervous system, for building strong teeth and bones as well as for the electrolyte balance within the body.

## **Biogena Siebensalz® Magnesium – a good mix of seven magnesium compounds**

Biogena Siebensalz® Magnesium delivers seven magnesium compounds. With this, Biogena product development has created a capsule with an ideal mixture of various soluble and magnesium-rich compounds. This provides a good magnesium supply – regardless of the pH situation in the gastrointestinal tract.

## **Magnesium is not just magnesium ...**

...because the solubility of each magnesium compound changes in response to the naturally fluctuating pH conditions of the intestinal tract. The background: So that the intestinal tract can take up magnesium into our bodies, elemental magnesium must first be released from its salt compound. How well this breakdown takes place is dependent primarily on the existing pH-value. In a healthy stomach, all the soluble magnesium compounds are easily broken down in the strongly acidic environment. However, there is an alkaline (basic) environment in later sections of the digestive tract. Here, the solubility of the various magnesium compounds is in part very different. Many factors, such as the type and amount of the nutrition, drugs, the bacterial colonisation of the intestines and individual parameters, determine the pH-value of the digestive tract. Therefore, a balanced mixture of magnesium salts with different solubility characteristics, is favourable. A further distinctive feature of the different magnesium compounds is their magnesium content. While magnesium oxide supplies a lot of magnesium, it is only easily soluble in an acidic pH, whereas magnesium citrate contains only a little magnesium, but this is readily available to the body also at basic pH-values.

## **Physiological importance of the vital substance contained:**

- Magnesium plays an important role in muscular activity – in both muscle contraction and relaxation
- Magnesium has important functions in the nervous system, supports the normal functioning of the psyche and helps reduce tiredness and fatigue
- The electrolyte balance of the body is kept in balance through the intake of magnesium

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**BIOGENA**  
WELCOME TO YOURSELF

**Possible uses:**

- Practical trial size
- Small gift for family & friends
- To increase the magnesium intake in case of magnesium losses e.g. during popular and competitive sports or due to intake of drugs
- To support the muscles in case of tension and where there is increased physical stress
- In the case of an increased magnesium requirement during growth and pregnancy
- To support the psyche and to maintain performance and vitality in phases of mental and physical stress

**Bioavailable micronutrients in a pure form**

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Magnesium	280 mg	75

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

**INGREDIENTS**

Magnesium malate, magnesium bisglycinate, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, magnesium glycerophosphate, magnesium gluconate, magnesium carbonate.

**RECOMMENDED DOSAGE**

1–2 x 1 capsule daily taken outside mealtimes with plenty of liquid.

**NOTE**

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

**IMPORTANT NOTICE**

High doses of magnesium can lead to diarrhoea. For this reason, when taking higher amounts, it is recommended that these are distributed over the course of the day.

**PACKAGE SIZE AND CONTENT**

18 capsules (9 days supply), 14 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: 28.11.2022.



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