

Nutrifem CalMagOcean®



Natural calcium and magnesium for women

Calcium and magnesium - two biological partners

Calcium and magnesium are minerals that operate as team players in the human body by acting as antagonists. They are responsible for the contraction and relaxation of muscles. The nerve control is also regulated by the opposed activities of magnesium and calcium.

Nutrifem CalMagOcean®: Calcium and magnesium in the physiological ratio of 2:1

Nutrifem CalMagOcean® supports women – particularly during pregnancy and while breastfeeding – with calcium and magnesium from sango coral calcium in the physiological ratio of 2:1. Fossil corals, found near living coral reefs, are a good source of calcium magnesium and important trace elements. The coral calcium contained is obtained under strict environmental constraints and is controlled and monitored by competent authorities.

Physiological tasks of the vital substances contained:

- Calcium and magnesium contribute to the maintenance of normal bones, teeth and muscle functions
- Calcium contributes to normal signal transduction between nerve cells
- Magnesium contributes to normal functioning of the nervous system and electrolyte balance

Possible uses:

- To improve the intake of magnesium and calcium, particularly during pregnancy and while breastfeeding
- To increase the intake of calcium and magnesium if there is an increased requirement - e.g. through the intake of specific drugs or during growth
- To support the muscle and nerve function

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

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Calcium	200 mg	25
Magnesium	100 mg	27

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

INGREDIENTS

Coral calcium, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose

RECOMMENDED DOSAGE

1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

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

ADDITIONAL NOTE

Coral calcium from original Okinawa coral calcium from fossil mining areas with natural calcium and manganese content in a ratio of 2:1.

PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 133 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: 15.06.2023



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