

MagAsorb®

Magnesium 150mg (as Citrate)

Presentation

A white clear coated oval tablet.

Each tablet delivers:

Magnesium (as Citrate) 150mg

Tableted with:

Modified Starch, Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Silicon Dioxide, Magnesium Stearate.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60 & 180

type
tablets

code
8239



Uses

According to official data 72% of women and 42% of men in the UK fail to consume sufficient dietary magnesium. Subsequently, magnesium insufficiency has become commonplace. The effects of magnesium insufficiency are wide-ranging and include the occurrence of muscle cramps, fatigue and many symptoms of premenstrual syndrome.

This important mineral is essential for bone growth and the proper functioning of nerves and muscles, especially those of the heart and lungs.

A magnesium supplement is the ideal way to safeguard against a deficiency and bolster body stores, provided that the supplement contains a good level of the mineral and that it is in a form which the body can easily absorb and utilise.

Lamberts® MagAsorb® provides highly bioavailable magnesium in citrate form. In tests comparing MagAsorb® with two other commonly used magnesium compounds, the absorption of MagAsorb® in the body was far superior.

Usage and administration

1 to 3 tablets daily.

Allergen advice

None (see page 194).

Cautions

Over 400mg of magnesium may cause mild stomach upset in sensitive individuals.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

