

# Principium Magnesio Completo



## Product short description

[:it]**Magnesio Completo** è un integratore, in polvere o compresse, di Magnesio da 4 fonti diverse: pidolato, carbonato, citrato e marino (estratto dall'acqua del mare con un processo di evaporazione). Il Magnesio **contribuisce al normale funzionamento del sistema nervoso, alla normale funzione muscolare ed aiuta a ridurre affaticamento e stanchezza.**[:en]All the benefits of Magnesium in tablets or in a soluble formula[:]

## Description

**Magnesio completo** is a food supplement, in tablets or powder, containing Magnesium from 4 different sources: pidolate, carbonate, citrate and marine (extracted from sea water with an evaporation

process). Magnesium **contributes to the normal functioning of the nervous system and muscles and helps to reduce fatigue and tiredness.** The formulation is completed by Fructo-oligosaccharides (FOS), a short-chain prebiotic fibre.

[VISIT WEBSITE WWW.MAGNESIOCOMPLETO.IT](http://WWW.MAGNESIOCOMPLETO.IT)

Formulazione: Average content	2 doses or 4 tablets	%NRVs*
Magnesium powder	450,00 mg	120
Magnesium tablets	400,00 mg	107
*NRVs = Nutrient Reference Values		

**Sottotitolo:** Magnesium supplement in powder, tablets, sachets

**Descrizione Breve:** All the benefits of Magnesium in tablets or in a soluble formula

**Quando usarlo:**

It is recommended for the normal functioning of both nervous system and muscles. Moreover Magnesium helps to reduce fatigue and tiredness.

**Come usarlo:**

**Powder:** pour the contents of a teaspoonful into a glass of water, better if lukewarm. Mix well and drink. We recommend one or two teaspoonfuls during the day, between meals.

**Tablets:** 1-4 tablets per day with a little water between meals

**Cosa contiene:**

Marine Magnesium (oxide, hydroxide, sulphate, carbonate, chloride), extracted from sea water with an evaporation process; Magnesium Pidolate, Carbonate and Citrate, Fructo-oligosaccharides.

**Note:**

No gluten, no lactose, suitable to vegans. Powder formula exclusively sweetened with Stevia. Read the instructions on the package.