

Magnesium Liquid – ready to drink to satisfy the increased need of magnesium of sporty people



Key benefits:

- Magnesium leads to an improved glucose ingestion into the cells
- PowerBar magnesium liquid uses as guideline the magnesium amount of 0,2mmol/kg, which was suggested by the DGE.
- Magnesiumcitrat is a better magnesium source as magnesiumcarbonat or magnesiumgluconat.
- Additional with vitamin B6, important for the energy metabolism
- Low in calories
- Refreshing citrus flavour

Suggested usage:

- 1 ampoule per day after the training
- In general is a steady intake of magnesium important even besides training.

Ingredients:

Water, magnesium, concentrated orange juice, citric acid, potassium sorbat, sweeteners (sodium cyclamate, acesulfam K, Saccharin-sodium), flavouring, vitamin B6

Nutrition information:

Nutrition information:	Per 100ml (%RDA*):	Per 25ml (%RDA*):
Energy kJ (kcal)	139 (32)	35 (8)
Protein	0,2g	< 0,1g
Carbohydrates	2,3g	0,6g
Fat	<0,1g	<0,1g
Vitamin B6	1,4mg (70%)	0,35mg (18%)
Magnesium	1000 mg (333%)	250 mg (83%)

*% recommended daily allowance

Technical information:

- Box with 20 ampoules à 25ml
- Shelf life: 15 month

SKU	EAN ampoule
24460017	4029679 660021