

Magnesium Plus

+ potassium + vitamin C + prebiotic fibres

Product description

Magnesium plays a major role in the muscle contraction as well as in the energy metabolism. It is especially important for sporty and active people of every age. A sufficient magnesium supply can actively prevent from muscle contractures and it increases the load tolerance. Physical activities and high sweat losses increase the needs in magnesium and justify a complements intake. Fructo-oligosaccharides are soluble food fibres which strengthen the immune system and promote the digestion as well as the magnesium absorption.



Advantages

- 1 portion bag covers 50% of the recommended daily allowance in magnesium.
- contains vitamin C and potassium.
- Prebiotic food fibres to improve the magnesium absorption.

Use

Take during physical activities or every day. Ideal in case of muscle cramps inclination or increased needs in magnesium.



Ingredients

Fructo-oligosaccharides, magnesium lactate, potassium citrate, acidifier, flavours, vitamin C, aspartame, acesulfame K, red beet juice, beta-carotene.

Flavours / packaging / nutrition facts

Fruit Mix. Box with 20 portion bags of 6 g (0.2 l).

nutrition facts	1 serving size (6 g)	1 daily allowance (2 portions = 12 g)
energy kJ (kcal)	48 (11)	95 (23)
proteins	0 g	0 g
carbohydrates	0 g	0 g
fat	0 g	0 g
vitamins	per 6 g	%ETD*
C	60 mg	100%
minerals	per 6 g	%ETD*
magnesium	150 mg	50%
potassium	200 mg	20%

* recommended daily intake