



Healthy muscles and bones

Bio-Magnesium is a complex of three different magnesium salts. Each tablet provides you with 200 mg of pure magnesium. The tablet contains a mixture of organically and inorganically bound magnesium contained in a matrix that causes the tablet to dissolve completely within a few minutes - even in people with a low stomach acid content - where the magnesium content will be changed to a absorbable ion form. Bio-Magnesium has a neutral taste and need not necessarily to be consumed with a meal.

What is magnesium?

Magnesium is an essential mineral and a vital alkaline-forming element. Also, it is the fourth most abundant mineral in the human body which says something about its importance. Magnesium is present in all cells, with 98% of the mineral being inside the actual cell. An adult contains approximately 24 grams of magnesium. About 25% is found in muscle tissue and about 60% is in our bones together with other minerals like calcium and phosphorus.

Magnesium has several important roles in the body. It supports more than 300 different enzymatic processes. The following may help to elucidate magnesium's im-

portance.

Magnesium contributes to:

- normal muscle function
- normal energy metabolism
- maintenance of normal bones
- normal psychological functions
- electrolyte balance
- normal functioning of the nervous system
- a reduction of tiredness and fatigue
- normal protein synthesis and has a role in the process of cell division



Increased focus on magnesium

Science has become increasingly interested in magnesium because of the mineral's widespread influence on so many different body functions. At the same time, the need for extra magnesium is seen among coffee drinkers and elite athletes because excessive coffee consumption and heavy perspiration is known to deplete the body's magnesium stores.

Bio-Magnesium

1 tablet contains:

		% RDA*
Magnesium	200 mg	53%

*RDA: Recommended Daily Allowance

Dosage

1 tablet daily, unless otherwise advised.
Do not exceed the recommended daily dosage.

You can swallow the tablet whole or dissolve it in a glass of water. Need not necessarily be taken with food.

Dietary supplements should not replace a varied diet.

Ingredients

Magnesium carbonate, magnesium hydroxide, magnesium acetate, microcrystalline cellulose, dicalcium phosphate, hypromellose, magnesium stearate, silicon dioxide.

Suitable for vegetarians.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.



Good magnesium sources

Magnesium is found in different foods. Some of the good sources are:

- leafy greens
- nuts
- fruit
- almonds
- seeds
- kale

Magnesium deficiency

If the diet contains very little protein (less than 30 g per day) the body's magnesium absorption is reduced. In a situation where the body has too little magnesium it will attempt to maintain a normal magnesium concentration in blood by releasing magnesium that is

bound in bone tissue (just like it does with calcium). Because of this intricate mechanism, measuring blood levels of magnesium is not necessarily a useful way to determine if a person needs to increase his or her magnesium intake.

Overdosing

Our kidneys excrete magnesium in the urine if the body gets more magnesium than it needs. This reduces the risk of overdosing. When the body's need for magnesium is saturated, further intake of magnesium will just lead to loose bowels, which also protects against overdosing. Magnesium intake in extremely high doses (10 times the normal dosage or more) may cause diarrhea, nausea and other types of discomfort.

Persons with renal impairment should not take supplements of magnesium unless it is recommended by a physician.

Magnesium Test

You can test your magnesium tablet, and see if it's effectively dissolved. We have placed two magnesium tablets in separate glasses of water. In the left glass the Bio-Magnesium tablet from Pharma Nord is completely dissolved and ready to be absorbed after a few minutes. In the glass to the right we put a magnesium tablet from a competitor. Even after 24 hours in the water the competitor's tablet shows no sign of dissolving.

