

ABO - MAGNESIUM

ABO MAGNESIUM (250 mg) + vitamin B complex



30 tablets

For muscles and nerves

Ingredients of 1 tablet .:

Magnesium (Magnesium carbonate) - 250 mg (67% RDA),
vitamin B1 (Thiamine) - 0.7 mg (64% RDA),
Vitamin B2 (Riboflavin) - 0.8 mg (57% RDA),
Vitamin B6 (pyridoxine) - 1 mg (71% RDA),
Vitamin B12 (Cyanocobalamin) - 0.5 µg (20% RDA)

Recommended dosage: 1 tablet a day.
1 tablet was equal to 10,3 mmols Mg⁺⁺

Magnesium is an important mineral, which is essential for many metabolic processes and which can not be produced by the body itself.

Strong mental and physical burden of occupation, stress or sports often lead to an increased need for magnesium, which can not always be met through diet.

In addition, it is the nutrient with B vitamins plays an important role.

To support the body optimally in times of increased stress combine in **ABO MAGNESIUM with vitamin B complex** tablets essential nutrients for nerve function, to reduce fatigue and energy production.

Magnesium is indispensable as an "anti-stress mineral" for energy and for muscle relaxation.

The power of the heart muscle is supported by magnesium.

The B vitamins B1, B2, B6 and B12 supplement the properties of magnesium, as they are important for energy production in the body and for the nervous system.