

# Magnesium Gold

DIETARY SUPPLEMENT



Magnesium is an essential mineral that occurs in almost all of the body's cells. It plays a key role in many different metabolic reactions in our body. A magnesium supplement is popular among athletes as magnesium contributes to fitness and benefits the muscles. Just like calcium, magnesium contributes to normal muscle functioning and is also important to keep muscles supple. The mineral supports normal muscle functioning and plays an important part in keeping muscles supple. Magnesium also plays a role in impulse transmission between cells, such as nerve cells, in building body protein, and it also helps in the release of energy from food. Magnesium is also beneficial in reducing tiredness and fatigue.

Intensive physical exercise leads to an increased need for magnesium. At the same time, you lose extra magnesium through sweat during physical exercise. Endurance athletes in particular can benefit from extra magnesium.

Magnesium Gold is a dietary supplement that can be used with intensive training. Magnesium is a mineral that helps to keep muscles supple. Magnesium Gold contains magnesium bisglycinate complex and supplies 375 mg of elemental magnesium per daily dose. Bisglycinate is a form of magnesium that is easy to absorb. The added BioPerine® improves the intake of nutrients. Magnesium Gold is further optimized by the addition of vitamin B6. This vitamin supports the immune system and boosts energy levels.

Those who feel fit can get more out of their training programme!

## NZVT Certified

Magnesium Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Magnesium Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

## Special ingredient

BioPerine®

## Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

## Recommended use

Take one capsule two times a day with plenty of water, preferably with a meal.

## Health Claims

- Magnesium is good for the muscles and nerves
- Magnesium helps with fatigue
- Magnesium plays a role in building body protein
- Magnesium supports electrolyte balance
- BioPerine® increases the absorption of magnesium in the body

### Composition per daily dose (two vegetarian capsules)

Ingredient	Quantity	% RI
Magnesium (as bisglycinate)	375 mg	100%
Vitamin B6 (as pyridoxine HCL)	1.4 mg	100%
BioPerine® (piperine)	6 mg	*

RI = Reference intake / \* RI not determined

BioPerine® is a trademark of Sabinsa



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