

Magnesium & L-Taurine

Code: FE0903 – 90 vegetable capsules



Magnesium & L-Taurine is a food supplement based on magnesium citrate, one of the forms of magnesium that is best assimilated by the body, and the amino acid L-Taurine to facilitate its assimilation. The product provides **136 mg of elemental magnesium**.

HEALTH CLAIMS (EU Regulation 432/2012): *Magnesium helps to reduce **tiredness** and **fatigue**, contributes to electrolyte balance, protein synthesis and normal energy metabolism. It is involved in the normal functioning of the **nervous system**, **muscles** and **bones**.*

Ingredients: Magnesium citrate, L-taurine, anticaking agent: (magnesium salts of fatty acids), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water.

Nutritional information:	2 capsules (2 062mg)
Magnesium (from Mg citrate)	600 mg (73%*)
L-Taurine	90 mg

*NRV: Nutrient Reference Value in %.

Size and format:

90 vegetable capsules

Recommended daily dose:

1 capsule twice daily with food.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Magnesium deficiency in the body, physical or psychological stress (insomnia, tiredness, irritability, weakness, etc.) and depression.
- It is also a good protector of the cardiovascular system and is a good ally for sportsmen and women to prevent muscle contractions.
- It lowers high blood pressure and regulates blood fats.

Cautions:

Consult a health-care practitioner prior to use if you are pregnant or breast-feeding.

DETAILS:

This formula combines magnesium citrate, one of the forms of magnesium best assimilated by the body, and the amino acid L-taurine. Both act synergistically to ensure optimal magnesium absorption in the body and to cover magnesium deficiencies.

Magnesium is one of the most important and essential minerals for our well-being. It is involved in more than 300 enzymatic reactions affecting all aspects of metabolic function. Intestinal absorption, skeletal storage and calcium release, along with the nervous system function, also depend on adequate magnesium intake.

Magnesium helps to reduce tiredness and fatigue and contributes to electrolyte balance, protein synthesis and normal energy metabolism, as well as participating in the normal functioning of the nervous system, muscles and bones.

Each capsule contains 136 mg of magnesium in its elemental form. The formula includes an additional 45 mg of L-taurine to improve magnesium assimilation at the cellular level.

INGREDIENTS:

MAGNESIUM: Approximately 60% of the magnesium in the body is found in the bones, 26% in the muscles and the rest in soft tissues and bodily fluids.

It is essential for the correct metabolism and absorption of calcium. This mineral plays a very important role at the cellular level, as it regulates the flow of calcium into the cells and together with calcium produces ATP or energy needed by the cells to perform all bodily functions. It is also essential in the transmission of nerve impulses, especially

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at the intracellular level, and it is a co-factor in many enzymatic processes necessary for cellular energy utilisation, which explains the need for high magnesium concentrations in cells (1-3).

Deficiency is reflected in weakness, tiredness, anxiety, apathy, depression, insomnia, irritability, heart problems, predisposition to stress, as well as muscle contraction problems. Possible deficiencies of this mineral are more frequent in older people and in women during the premenstrual period. Magnesium deficiency is associated with premenstrual syndrome. Studies have shown that magnesium intake reduces nervousness, breast tenderness, weight gain, fatigue and headaches during PMS (1,4).

It has a positive effect on stress states and has a calming action. It improves heart muscle activity and regulates blood fats (2, 5).

L-TAURINE: this amino acid plays an important role in the transport of minerals such as magnesium in and out of cardiovascular cells and contributes to the retention of magnesium and potassium within the heart. Taurine is an important amino acid in muscle tissue and the nervous system, where it acts synergistically with magnesium. Taurine can be helpful in stopping heart muscle pain and arrhythmias (6,7).

Magnesium administered together with taurine reduces blood pressure, improves insulin resistance, delays atherogenesis, prevents arrhythmias and stabilises platelets (8-10).

References:

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