

# 7 Salt Magnesium



**Unique: With 7 magnesium compounds**

## Magnesium - a vital mineral

Magnesium is involved in a wide variety of physiological processes and fulfills vital functions in the body. Examples include its role in muscle contraction, energy metabolism, cell division, the functioning of our nervous system and psyche, the maintenance of strong teeth and bones and the electrolyte balance in the body.

## Biogena Siebensalz® Magnesium - a good mixture of seven magnesium compounds

Biogena Siebensalz® Magnesium provides seven different magnesium compounds. Biogena's product development team has created an ideal mixture of differently soluble and magnesium-rich compounds in the capsule. This ensures a good supply of magnesium.

## Not all magnesium is the same ...

...because each magnesium compound is differently soluble under different pH conditions. The solubility of magnesium depends primarily on the pH value present. While organic magnesium compounds also dissolve in a less acidic environment, inorganic magnesium salts require a significantly more acidic pH value to "break up" the compound.

Another distinguishing feature of different magnesium compounds is their magnesium content. While magnesium oxide provides a lot of magnesium, but is only readily soluble at an acidic pH value, magnesium citrate contains little magnesium, but this is still readily available to the body even at more basic pH values.

## Biogena Siebensalz® Magnesium:

- Magnesium plays a role in the normal functioning of muscles - both in muscle contraction and muscle relaxation
- Magnesium supports the stable functioning of the nervous system and the psyche and contributes to the reduction of tiredness and fatigue
- Magnesium also contributes to the body's electrolyte balance
- Magnesium has a function in cell division and contributes to the maintenance of healthy bones and teeth

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**Possible uses:**

- To cover the magnesium requirement
- To compensate for possible magnesium losses due to heavy sweating caused by very strenuous physical activity (sport) or heat.
- To support muscle function during physical exertion
- To support the psyche and nervous system

**Bioavailable micronutrients in a pure form**

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	2 capsules	% NRV*
Magnesium	280 mg	75

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

**INGREDIENTS**

Magnesium malate, magnesium bisglycinate, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, magnesium glycerophosphate, magnesium gluconate, magnesium carbonate.

**RECOMMENDED DOSAGE**

2 x 1 capsule daily taken outside mealtimes with plenty of liquid.

**NOTE**

Food supplement in accordance with EU Directive 2002/46/EC

**IMPORTANT NOTICE**

High doses of magnesium can lead to diarrhoea. For this reason, when taking higher amounts, it is recommended that these are distributed over the course of the day.

**PACKAGE SIZE AND CONTENT**

60 capsules (1 month supply), 46 g  
180 capsules (3 month supply), 138 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 09.10.2018.



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