

MAGNESIUM THE MASTER MINERAL

MAGNESIUM HELPS NEURONS TO CONNECT, IS VITAL FOR NORMAL HEART RHYTHM, AND HELPS REGULATE BLOOD PRESSURE.

Magnesium is a mineral very important for our body. It helps with hundreds of important body processes, including those that control many functions of heart and muscles. It helps to keep our bones strong, heart healthy, and blood sugar normal. It also plays a role in body energy level.

The mineral magnesium is involved in more than 300 enzymatic reactions throughout the body.

Magnesium plays an enormous role in bone health. About half of the total body magnesium is stored in the bones.

Magnesium is necessary for bone remodeling, the process by which old bone is broken down and new bone is formed. The body's magnesium is stored in the bones, where it forms part of the skeletal matrix.

Magnesium helps nervous system, regular heart rhythm and blood pressure regulation.

MAGNESIUM HELPS:

- TO RELAX THE HEART MUSCLES
- TO MAINTAIN A REGULAR HEARTBEAT
- PREVENT SUDDEN CHANGES IN BLOOD PRESSURE
- TO RELIEVE MUSCLE SPASMS
- HEADACHES AND MIGRAINES
- SLOW DIGESTION
- HEARTBURN
- INSOMNIA

So we can say with great security – MAGNESIUM IS THE MASTER MINERAL - it is a key to overall health!





Centramag

complex

60 CHEWABLE TABLETS



- ✓ **FOOD SUPPLEMENT**
- ✓ **WITH MAGNESIUM AND B-GROUP VITAMINS**
- ✓ **BLACKCURRANT FLAVOUR**

CONTAINS:	PER RECOMMENDED DAILY DOSE (1 TABLET)	NRV* %
Magnesium (magnesium oxide, magnesium gluconate)	150 mg	40
Vitamin B₆ (pyridoxine hydrochloride)	1 mg	71,5
Thiamin (thiamin mononitrate)	0,7 mg	63,5
Folic acid (pteroylmonoglutamic acid)	100 µg	50
Vitamin B₁₂ (cyanocobalamin)	0,5 µg	20

* nutrient reference value

INGREDIENTS: sugar, magnesium oxide, magnesium gluconate, acidity regulator: citric acid, glucose syrup, natural blackcurrant flavour, anti-caking agent: magnesium salts of fatty acids, colours: anthocyanins and Beetroot Red, pyridoxine hydrochloride, thiamin mononitrate, sweetener: sodium saccharine, pteroylmonoglutamic acid, cyanocobalamin.

INSTRUCTIONS FOR USE: Chew one (1) tablet, with a meal.

A food supplement should not be used as a substitute for a varied diet. Balanced and varied diet and a healthy lifestyle are important for health.

- ✓ **MAGNESIUM CONTRIBUTES TO ELECTROLYTE BALANCE AND NORMAL MUSCLE FUNCTION.**
- ✓ **MAGNESIUM, VITAMINS B6 AND B12 CONTRIBUTE TO THE REDUCTION OF TIREDNESS AND FATIGUE AND NORMAL ENERGY-YIELDING METABOLISM.**
- ✓ **VITAMIN B1 (THIAMIN), VITAMIN B6 AND VITAMIN B12 CONTRIBUTE TO NORMAL FUNCTIONING OF THE NERVOUS SYSTEM.**