



MÉDERI
NUTRICIÓN INTEGRATIVA
mederinutricion.com

TRI-MAGNESIO MÉDERI



Description: Food supplement based on magnesium and vitamin B6.

Directions for use / recommended dose: Take two (2) capsules a day with half a glass of water (125 mL), preferably between meals or as recommended by a professional.

Presentation: Bottle of 60 capsules of 870 mg.

Composition: Magnesium bisglycinate, ATA Mg[®] magnesium acetyl taurate, capsule (coating agent (hydroxypropyl methylcellulose), water and gelling agent (gellan gum)), magnesium malate, bulking agent (microcrystalline cellulose), anti-caking agent (magnesium salts of fatty acids) and pyridoxal 5'-phosphate (vitamin B6).

Storage conditions: Store the container in a cool, dry place.



ATAMg[®]
Activated Taurine + Magnesium

This product is protected by
EP Patent No. 3750873 and others.



Ingredients	2 capsules	% NRV*
Magnesium bisglycinate	700 mg	
Of which: Magnesium	140 mg	37.33 %*
ATA Mg® magnesium acetyl taurate	500 mg	
Of which: Magnesium	30 mg	8 %*
Magnesium malate	200 mg	
Of which: Magnesium	32 mg	8.53 %*
Vitamin B6	2 mg	142.86 %*

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.

Properties and potential applications:

Magnesium helps reduce tiredness and fatigue, contributes to normal protein synthesis and cell division, and helps muscles and the nervous system function normally. It also contributes to energy metabolism, electrolyte balance, good psychological function, and the maintenance of normal bones and teeth.

Vitamin B6 helps reduce tiredness and fatigue, regulate hormonal activity and normal red blood cell formation. It contributes to the proper functioning of the immune system, the nervous system and normal psychological function, normal energy metabolism, protein metabolism, glycogen metabolism, homocysteine metabolism and cysteine metabolism.

It is important to follow a varied and balanced diet and a healthy lifestyle.