



MÉDERI
NUTRICIÓN INTEGRATIVA
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BISGLICINATO DE MAGNESIO MÉDERI CON TAURINA & B6

Description: Food supplement based on magnesium, vitamin B6 and taurine.

Directions for use / recommended dose: Take two (2) tablets per day, with half a glass of water (125 mL) or as professionally recommended.

Presentation: Bottle of 75 and 180 tablets of 1,200 mg.

Composition: Magnesium bisglycinate, bulking agent (microcrystalline cellulose), L-Taurine, anti-caking agent (magnesium salts of fatty acids), coating: AquaPolish® F clear 099.28 MS (coating agent: hydroxypropyl methylcellulose, anti-caking agents: microcrystalline cellulose, stearic acid), anti-caking agent: AEROSIL® 200 F (silicon dioxide) and pyridoxal 5'-phosphate (vitamin B6).

Storage conditions: Keep the container closed in a dry and cool place.





Ingredients	2 tablets	% NRV*
Magnesium	250 mg	66.67 %
L-Taurine	210 mg	
Vitamin B6	2 mg	142.9 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children. Not recommended for children under 10 years of age and adolescents.

Properties and possible applications:

Magnesium helps reduce tiredness and fatigue, normal protein synthesis and the process of cell division; contributes to the normal functioning of the muscles, the nervous system, energy metabolism, balance electrolyte and to maintain a good psychological function and to maintenance of bones and teeth in normal conditions.

Vitamin B6 helps reduce tiredness and fatigue, regulate hormonal activity and the normal formation of red blood cells. Contributes to the proper functioning of the system immune, nervous system, and psychological function normal, to normal energy metabolism, to metabolism of proteins, glycogen, homocysteine and also the cysteine.

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