



## Weider Magnesium Complex 120 capsules



Weider Magnesium Complex is a dietary supplement in capsule form that combine three magnesium compounds - and without fillers and without dyes!

CHF 22.90

Our high-quality Magnesium Complex Capsules provide a full 250 mg of elemental magnesium per serving from the bioavailable organic compounds magnesium malate, magnesium citrate and magnesium bisglycinate. By combining different sources of magnesium, our Magnesium Caps are the ideal supplement to ensure daily intake in case of increased demand! Magnesium is an essential mineral that must be taken in regularly through the diet to prevent a deficiency. Depending on the type of diet and requirements, it may also be necessary to take dietary supplements in order to absorb enough magnesium. Magnesium is involved in about 300 important enzymatic processes in the human body and plays a crucial role in various processes such as cell division, protein synthesis and general energy metabolism. Furthermore, magnesium contributes to the maintenance of bone health and is significantly involved in muscle and nerve function, which is why an adequate magnesium intake also contributes to the maintenance of healthy systems. The tasks of the mineral in the organism are generally enormously diverse. For example, magnesium contributes to the maintenance of normal psychological function, as well as to the reduction of fatigue and exhaustion, and is also essential for maintaining a balanced electrolyte level.

- Particularly high bioavailability
- 250 mg elemental magnesium per serving
- Only one capsule a day; preferably before bedtime
- Vegan capsule shell - Without fillers - Without colorants

Packaging unit: box of 120 capsules

Flavor unit: neutral

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

056 427 02 25  
info@sharkfitness.ch  
www.sharkfitness.ch

Content: 91g