

Magnesium 375

As Hydroxide, Oxide, Citrate & Carbonate

Presentation

A white oval clear coated tablet.

Typically per tablet:

Magnesium 375mg
(as Hydroxide, Oxide, Citrate & Carbonate)

Tableted with:

Cellulose, Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration Time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60 & 180

type
tablets

code
8241



Uses

We are all aware that magnesium is important for bone health but it has also been established as a cofactor for over 300 metabolic reactions. This includes all energy-dependent processes and glucose metabolism, which means that magnesium has widespread cellular effects. ATP is the energy currency of the human body but what is not appreciated is that ATP is inactive unless it is attached to a magnesium ion.

Magnesium insufficiency is very common. The median intake in the UK is only 223mg per day, according to government statistics, which is well below the new Nutrient Reference Value (NRV) of 375mg.

Lamberts® Magnesium 375 product provides the full 100% NRV of magnesium. This is an excellent level of magnesium and it is provided in the form of a unique blend of 4 different magnesium compounds – Hydroxide, Oxide, Citrate and Carbonate.

Absorption of magnesium is a complex process, which has a major impact on the relative bioavailability. Whilst the citrate form is praised for the highest bioavailability, other magnesium compounds offer benefits and are more suited to some clients.

This one-a-day tablet is an excellent partner for most multivitamin formulas and an ideal choice for those clients that prefer a smaller tablet size.

Usage and administration

1 tablet daily

Allergen advice

None (see page 194)

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

