

Manganese 4mg

(as Citrate)

Presentation

A white coated round tablet.

Each tablet delivers:

Manganese (as Citrate) 4mg

Tableted with:

Calcium Carbonate, Cellulose, 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
100

type
tablets

code
8249



Uses

Our bodies contain only a very small amount of manganese, but this mineral contributes towards the raw materials essential for the synthesis and functioning of many enzymes in the body including those involved in the synthesis of cartilage components as well as one of the superoxide dismutases (SOD). SOD helps to prevent the formation of a cascade of free radicals which can cause tissue damage when present in excess.

Manganese is an essential mineral that must be obtained from the diet. It is known to be required for the development and maintenance of healthy bones, normal nerve and immune functions and efficient metabolism.

Manganese must be obtained from the diet and is found in several foods including nuts, legumes, seeds, whole grains, and leafy green vegetables.

We use the organic citrate form of this mineral in this product to help ensure absorption.

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.

