



Dr. Rath

Magnesium Complex™

New!

The vital supplementary micronutrient for an extra supply of magnesium

Magnesium is an essential mineral for our cellular metabolism, which has numerous functions. Whether in energy metabolism for the formation of bio-energy, the nervous system or the muscle cells – in almost all cells of our body magnesium is required for normal metabolism and body functions.

The human body contains around 25 grams of magnesium, which is mainly stored in the bone tissue. Only a very small proportion can be found in the blood plasma. In the event that the level in plasma decreases, the body makes use of its stores of magnesium.

To achieve a good supply of magnesium to the body cells, it should be regularly consumed in the diet. This applies not only in nor-

mal situations, but also for example in cases of intensive physical stress with an increased demand for energy or increased sweating. Important sources of magnesium in our diet, for example, are whole-grain products and legumes.

Dr. Rath Magnesium Complex™ was developed for an additional supply of this valuable mineral. The selected forms of magnesium in Dr. Rath magnesium Complex™ are organically bound and characterized by high bioavailability. Additional vitamins included in the formula support the magnesium intake.

Dr. Rath Magnesium Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. It contains magnesium in various organically bound forms. Our body needs magnesium for many normal body functions, such as:

- as a support for normal muscle function
- as a contribution to the electrolyte balance
- as a contribution to normal energy metabolism
- as a support for normal function of the nervous system
- as a contribution for reduction of tiredness and fatigue

Contents of one capsule:

Magnesium	100	mg
<i>(magnesium citrate, magnesium malate, magnesium taurate)</i>		
Vitamin D3	0.5	µg
Vitamin B6	0.23	mg

Recommended allowance:

Adults: 1 capsule 3 times per day with sufficient liquid (water, juice, tea), at mealtimes

Presentation: 90 capsules* per jar

Order No.: 034

*The capsule shell consists of hypromellose. Suitable for vegetarians.

Special Formula

Dr. Rath Magnesium Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Magnesium Complex™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

