

## Food Supplement with Magnesium, Zinc and Iron



Magnesium deficiency should be avoided as this mineral plays a crucial role in cell metabolism and is involved in over 300 enzymatic functions. Most common symptoms of magnesium deficiency are: cramps, migraines, neck and shoulder pain, general fatigue, lack of concentration, insomnia, nervousness, irritability and loss of tone. Magnesium deficiency can often be due to prolonged stress.

### What is Magnesit?

A food supplement with the vital minerals magnesium, zinc and iron.

### Why does Magnesit do for the body?

Magnesit is helpful for skin problems (eczema and psoriasis). It is a gentle but effective intestinal stimulant by nourishing friendly bacteria. It stimulates the elimination of toxins through the liver and kidneys, and strengthens the immune system. Its supports weight loss programs (flat belly effect).

Magnesium citrate: Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, a steady heart rhythm, a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.

Zinc citrate: Zinc is essential in human nutrition with a wide range of biological roles. It is essential to many hormones such as thymic hormones, insulin growth and sex hormones. Zinc plays important roles in immunity, wound healing, normal growth and development, reproduction, and various metabolic processes, playing a role in 200 zinc metalloenzymes that have been identified in biological systems. Zinc is essential for proper formation and maturation of spermatozoa.

Iron citrate: Most of the body's iron is found in haemoglobin, the oxygen-carrying molecule in red blood cells. Hence supplementing with iron can increase the body's production of red blood cells. The body's production of citric acid is the first of many steps in the all-important kreb's cycle, the body's internal energy-producing mechanism. For many people with low energy levels, iron citrate provides an ideal double benefit: supplementing with citrate and supplementing with iron, both of which enhance the body's internal production and utilization of energy. Iron deficiency can manifest as fatigue, shortness of breath on exertion, drowsiness, irritability, infrequent menstruation, and loss of libido.

Whey powder: By consuming whey in its complete form, in addition to the value of protein, we profit from minerals, vitamins and other components of natural whey which give remarkable action in maintaining the acid-alkaline balance in the body.

### What are the benefits of Magnesit?

Perseverance is easier if the product's taste is pleasant, which is why Magnesit is flavoured with lemon. Biosana Magnesit has been produced using non-invasive production methods and sustainable harvesting. It has not been tested on animals.



For 40 years, the best for your acid-base balance.  
Acid-base Neutrality for your Well-being.  
100% Swiss - Produced with quality, ethics and Conscience

