

Calcium-Magnesium Ascorbate - Product number B036A - Calcium-Magnesium Ascorbate 250 grams of powder

Description

Calcium and magnesium ascorbate are non-acidic, stomach-friendly forms of vitamin C and a source of calcium and magnesium (elemental 2: 1 Ca / Mg).

In the human body, vitamin C contributes to:

Also contributes to the normal functioning of the immune system. It supports the body's defenses and also ensures good resistance.

Plays a role in the activity of certain enzymes involved in energy metabolism and can help reduce the lack of energy and support the reduction of tiredness and fatigue.

Vitamin C contributes to the maintenance of good / strong resistance during and after training / sports (performance).

Has a positive effect on the functioning of the nervous system.

Contributes to brain and nerve functions involved in reasoning / reasoning. Vitamin C is good for memory, learning performance, concentration and mood.

Because vitamin C contributes to the formation of collagen, it is important for a good condition of the blood vessels, it contributes to the maintenance of strong bones and the maintenance of healthy cartilage, it ensures the maintenance of healthy skin, it helps the keep teeth strong and contribute to normal gum function.

Promotes the absorption of iron from meals / nutrition.

Vitamin C is an antioxidant and contributes to the capture of free radicals in (body) cells. It helps protect the cells from oxidative damage from air pollution and UV radiation.

Vitamin C acts as an antioxidant for vitamin E and regenerates / returns it to an active / working form.

Ingredients and% Reference Intake per level scoop (2.4 grams of powder):

Each level scoop provides basic:

Vitamin C (ascorbate) 2067 mg 2584%

Calcium 128 mg 16%

Magnesium 64 mg 17%

Usage and warnings:

Adults take 1 to 2 x ½ measuring scoop per day or according to the instructions of an expert. Dissolve powder in water or fruit juice. Do not exceed recommended dosage. Keep out of reach of children. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.