

INDICATIONS: MagCombo^K (Magnesium Complex) contributes to the normal function of muscles and to the reduction of the feeling of fatigue and tiredness, as well as to the normal functioning of the nervous system and to the maintenance of normal psychological function. It contributes to the normal energy-yielding metabolism.

Thanks to the expertly selected complex of magnesium with vitamins C, B6, B2 and B12, MagCombo^K (Magnesium Complex) has beneficial effect on:

Muscles: supports the normal muscle contractions of tissues and helps restore cells and muscle fibers.

Nervous system: ensures the proper flow of nerve impulses in the human body and regulates its reaction to external factors (irritants).

Psychological activity: maintains psychological equilibrium and has a favorable effect on mood and behavioral changes that are unlocked by stress.

Energy production: takes an important part in providing energy from food and maintaining high vitality.

ACTION: The combination of ingredients in MagCombo^K (Magnesium Complex) – magnesium plus vitamins C, B6, B2 and B12 – provides its multi-directional beneficial effects on health.

Magnesium belongs to the group of minerals and participates in hundreds of processes in the human body, which makes it particularly important. In the body of a mature individual, there are about 25 grams of magnesium, 60% of which is in the bones, about 39% in soft tissues, and the remaining less than 1% circulating in the bloodstream. Magnesium supports muscle contractions and thus provides a relaxing effect on the muscles. It takes part in the brain function by helping it to shift from „work mode“ to rest, providing deep and quality sleep. Magnesium plays a major role in the degradation of glucose and its turning into energy, therefore its depletion in the human body leads to a sense of fatigue and tiredness. It is also known as a „natural relaxant“ and it has a beneficial effect on the nervous system, influencing anxiety, nervousness and irritability of people subjected to stress on a daily basis. In addition to all these effects, magnesium affects the effective brain function, joint mobility, skin condition and the normal blood pressure. Magnesium is one of the main building blocks of bones and teeth.

The added combination of especially selected vitamins – C, B6, B2 and B12 – further enhances the effects of magnesium, influencing the processes through a different mechanism. The optimal amount of vitamin C in the product ensures full absorption of magnesium. Thus, with its mineral-vitamin content, MagCombo^K (Magnesium Complex) supports health in many ways and contributes to the normal flow of vital processes in the human body.

When does the need for MagCombo^K (Magnesium Complex) increase?

In case of:

- **Muscle cramps and numbness;**
- **High levels of stress;**
- **Nervous tension and irritability;**
- **Sleep disturbances;**
- **Fatigue and tiredness;**
- **People who exercise on a regular basis;**
- **Heavy physical work;**
- **Smoking and alcohol use;**
- **Pregnancy and breastfeeding.**

THE LICAPS™ TECHNOLOGY FOR MAXIMUM ABSORPTION

MagCombo[®] (Magnesium Complex) is produced in France as per the LICAPS™ patented technology for liquid extracts filled in hard gelatin capsules. With it, the active substances are pre-dissolved¹ in an oily medium. It is known that the human body absorbs fluids better than solids, and oils reach maximum levels of absorption because they move slowly along the intestines. Therefore, thanks to its oily form, MagCombo[®] achieves the highest levels of bioavailability known to date. Bioavailability indicates the amount of active substance that has reached the blood circulation.

EVALUATION OF THE BIOAVAILABILITY² ACHIEVED BY THE DIFFERENT DOSAGE FORMS

1. Benet, L. Z. *Biopharmaceutics as a basis for the design of drug products*. 1973. 2. N. Madit, D. Cade and H. Benameur, *Comparative bioavailability: LICAPS™ formulation versus current commercial formulations*. Development Center, Research and Development. Capsugel, 10 rue Timken Colmar F68027 (2006)



Tablets 68,6%



Water soluble 77%



LICAPS™ (MagCombo[®]) 92,4%

LICAPS™ gelatin capsules are:

LACTOSE FREE; PRESERVATIVE FREE; GLUTEN FREE; SUGAR FREE; GMO FREE.



RECOMMENDED DAILY DOSE: 1 capsule daily, with at least one glass of water.

CONTENT: soybean oil, refined; magnesium oxide; capsule – *fish gelatin*; mono and diglycerides of fatty acids (thickener); ascorbic acid; water; cyanocobalamin; pyridoxine hydrochloride; riboflavin; brilliant black PN (colour).

| Content of the recommended daily dose | 1 capsule | RDA* |
|---------------------------------------|-----------|------|
| Magnesium | 185 mg | 49% |
| Vitamin C | 40 mg | 50% |
| Vitamin B2 | 1 mg | 71% |
| Vitamin B6 | 1 mg | 71% |
| Vitamin B12 | 2.4 µg | 96% |

*Recommended daily allowance for adults (with daily food consumption of 8400 kJ/2000 kcal).

CONTRAINDICATIONS: There are no known contraindications.

STORAGE CONDITIONS: Keep at room temperature (10° – 30 °C), do not expose to direct light.

Keep out of the reach of children. Do not exceed the recommended daily dose. Do not use the product as substitute to the balanced diet.

PRODUCED BY:

CAPSUGEL (now a Lonza company) – FRANCE

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