

## **Premium Magnesium Malate – 450 mg**

Premium Magnesium Malate is one of the most highly absorbable forms of magnesium. This formula was specifically developed for individuals who wish to support their daily magnesium intake and help reduce the risk associated with magnesium deficiency.

### **Did you know that vitamin D3 cannot work properly without magnesium?**

Whether taken through food, supplements, or produced in the skin, vitamin D can only become biologically active after several conversion steps. These processes take place mainly in the kidneys and require two enzymes and a transport protein — all of which depend on magnesium. Research shows that even with lower vitamin D intake, adequate magnesium levels can significantly support vitamin D's physiological role.

### **Why choose malate-bound magnesium?**

Magnesium malate does not cause diarrhea or stomach discomfort, unlike the frequently used magnesium citrate.

This improved version of our product contains an even higher amount of magnesium malate, and *no longer contains selenium* — a request from customers who take selenium separately in higher doses. This way, they can enjoy magnesium malate without the risk of excessive selenium intake.

### **Key features**

- **450 mg magnesium malate per capsule**
- **Chemical-free and GMO-free**
- **Titanium dioxide-free & colorant-free**
- **Manufactured in a GMP-certified facility**
- **Formulated for the specific needs of Hungarian consumers**
- **Made in Hungary**
- **Paleo-friendly (gluten-, lactose- and sugar-free)**

### **Why magnesium matters**

Magnesium plays a vital role in:

- reducing tiredness and fatigue
- supporting normal psychological function
- contributing to energy-yielding metabolism
- maintaining normal bones and teeth
- supporting electrolyte balance

- proper muscle function
- cellular division and protein synthesis

**Common symptoms of deficiency may include:**

Fatigue, weakness, heart rhythm disturbances, muscle cramps, irritability, difficulty concentrating. Insufficient intake may be associated with long-term health challenges.

**Active ingredients per capsule**

Ingredient	Amount	NRV% (Nutrient Reference Value)
Magnesium Malate	450 mg	no established NRV
Magnesium (ionic)	69.75 mg	18.6%

**Serving size:** 30 capsules

**Ingredients:** magnesium malate; capsule shell: gelatin

**MENTESSÉGEKRE VONATKOZÓ INFORMÁCIÓK**

- ✓ Hisztamin- és tiramin mentes
- ✓ Szója mentes
- ✓ VEGAN
- ✓ Gluténmentes
- ✓ Cukormentes
- ✓ Ketogén diéta
- ✓ Kukorica mentes
- ✓ Paleo diéta
- ✓ Laktóz-, Tej- Tojásmentes
- ✓ Titán-dioxid mentes
- ✓ Low-carb diéta

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**Important notice**

This product is not a medicine and is not intended to diagnose, treat, cure, or prevent any disease. It is designed to supplement a balanced diet. If you have any medical condition or are taking medication, consult your healthcare professional before use.