

Biocure® Long Action Magnesium

What does magnesium do in the body?

Magnesium is a mineral that is very important for a number of bodily functions. It intervenes in the normal functioning of the muscles, aiding **muscle relaxation**. Magnesium also supports **energy metabolism** and helps **reduce fatigue**.

Why choose Biocure® Long Action Magnesium?

Our body cannot create magnesium itself, and is therefore dependent on the supply of magnesium through the diet. However, our modern dietary habits can give rise to an inadequate magnesium intake. In addition, there are certain circumstances when there is an increased need for magnesium: **temporary physical fatigue**, during **intensive physical effort** as well as during **pregnancy**. Biocure® Long Action Magnesium satisfies your requirements and also has several key benefits:

- ***Gastric juice-resistant coating***

Biocure® Long Action Magnesium tablets have a gastric juice-resistant (enteric) coating. This is a protective layer that is resistant to stomach acid, which means the tablet will only dissolve when it reaches the intestines. This is the ideal place for **optimal absorption** of magnesium in the body.

- ***Controlled-release tablet***

After taking Biocure® Long Action Magnesium, the full amount of magnesium is not released straight away, but release is spread over at least 8 hours. This innovative formula, a controlled-release tablet, has the major benefit that your body can use the magnesium for longer. The controlled release ensures a more efficient absorption by the body and **reduces the risk of gastrointestinal side effects** such as an irritable bowel and diarrhoea. Indeed, studies have shown that magnesium in a high dose is absorbed less efficiently by the body and can cause the above side effects.

- ***Optimal absorption of magnesium***

Biocure® Long Action Magnesium contains the **organic salts magnesium glycerophosphate and magnesium citrate**. These organic salts are **absorbed better** by the body compared with other salts such as magnesium oxide.

1 tablet of Biocure® Long Action Magnesium contains 187 mg of elementary magnesium. This equates to 50% of the recommended daily amount. Taking 2 tablets a day (1 in the morning and 1 in the evening) in combination with the system of controlled release therefore ensures that your body has the amount of magnesium it needs both day and night.

Instructions for use

Adults and children from the age of 12: **2 tablets a day: 1 in the morning and 1 in the evening**.

Preferably take before meals with a little bit of water.

After liberation of magnesium, parts of the coating of the tablet might be present in the stool. Do not exceed the recommended daily quantity. A food supplement should not be used as a replacement for a varied and balanced diet and a healthy lifestyle.

Biocure® Long Action Magnesium contains possible traces of soya.

Shelf life

Keep out of the reach of children. Do not store above 25 °C. This product can be kept until the date shown on the packaging.

Packaging and delivery

Leaflet

Box of 60 film-coated tablets, available from pharmacies.