

# Magnesium Plus

+ potassium + vitamin C + prebiotic fibres

## Product description

SPONSER Magnesium Plus containing fructo-oligosaccharides and soluble food fibres. Soluble food fibres like fructo-oligosaccharides strengthen the immune system and promote the digestion as well as the absorption of magnesium. Magnesium plays a major role in the contraction of muscles as well as in the metabolism of energy. It is especially important for sports people and also vigorous people of all ages. A sufficient magnesium supply can actively prevent muscles from contracting and can also increase the load tolerance. Physical activities entailing a high loss of sweat increases the need for magnesium and justifies an intake of such complements.



## Advantages

- 1 portion bag covers 50% of the recommended daily allowance of magnesium
- Contains vitamin C and potassium
- Prebiotic fibres to improve the absorption of magnesium

## Utilisation

Take during physical activities or every day. Ideal for those requiring an increased need of magnesium.



## Ingredients

Fructo-oligosaccharides 46%, magnesium lactate, potassium citrate, acidulants (citric and malic acid), flavours, vitamin C, colouring vegetable extracts, sweeteners (acesulfame K, neotame).

## Flavour / Packaging / Nutrition facts

Fruit Mix

Box 20 x 6,5 g

nutrition facts	1 serving size (6,5 g)		1 daily allowance (2 portions = 13 g)	
energy kJ (kcal)	53 (13)		105 (25)	
protein	0 g		0 g	
carbohydrates	0 g		0 g	
of which sugars	0 g		0 g	
fat	0 g		0 g	
of which saturated fatty acids	0 g		0 g	
fibres	2.5 g		5 g	
sodium	< 0.1 g		< 0.1 g	
<b>vitamins</b>	<b>per 6.5 g</b>	<b>%ETD*</b>	<b>per 13 g</b>	<b>%ETD*</b>
C	60 mg	75%	120 mg	150%
<b>minerals</b>	<b>per 6.5 g</b>	<b>%ETD*</b>	<b>per 13 g</b>	<b>%ETD*</b>
magnesium	188 mg	50%	375 mg	100%
potassium	300 mg	15%	600 mg	30%

\*recommended daily intake

Quick information	MAGNESIUM PLUS
lactose-free	x
gluten-free	x
acid-free	
no artificial sweeteners	
no colorants	x
no preservatives	x