**Maximum Strength 500mg Magnesium Citrate Supplement (60 Tablets / 1 Per Day) 100% Pure Certified, Maximum Strength**

* BioPharm-X Magnesium Citrate provides an unparalleled 500mg of Magnesium Citrate per capsule – strongest available!
* Manufactured within an FDA and MHRA approved facility for your highest level of safety
* Vital to support overall health and keep the body in the best condition possible – from early development and throughout life!
* Essential for Muscle, Nervous System & Psychological Function as well as playing vital roles in energy production to reduce tiredness and fatigue
* All benefits have been approved by the European Food Safety Authority (EFSA)

**Premium Grade Magnesium Citrate - 60 Tablets**

Magnesium is a naturally occurring mineral and an essential ion for the activation of more than 300 enzymatic reactions. These enzymatic reactions regulate a large number of diverse biochemical reactions within the body, including enzymes that transfer phosphate groups with relation to the reduction of tiredness and fatigue, electrolyte balance, normal nervous, psychological and muscle function, normal bones, teeth, electrolyte balance and energy yielding metabolism.

**All benefits have been approved by the European Food Safety Authority (EFSA)**

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| **magnesium citrate** | **magnesium citrate psychological function** | **magnesium muscle function** | **heart** |
| **Reduce Tiredness & Fatigue**  Magnesium is essential for the synthesis of protein. The metabolism of fats and carbohydrates to produce energy requires numerous magnesium dependent chemical reactions. | **Neurological Health**  Neuroscientists have long highlighted and acknowledged the importance of obtaining sufficient daily magnesium for optimal cognitive function and preventing cognitive decline for those of any age. | **Muscle Function**  Magnesium is key for muscle health and performance, and is found in the high concentrations within muscles. It promotes muscle relaxation, and reduces muscle cramping. | **Heart Health**  Magnesium is of great importance for coordinating the activity of the heart muscles and the nerves that initiate heartbeats. It improves oxygen flow to the heart muscles and strengthens the cardiovascular system. |



BioPharm-X offers a quality promise to all customers. This is to provide you with total peace of mind when purchasing any of their products. Backed by nutritional science and with a dedication to premium quality, their products reflect core values of award winning quality and efficiency, from scientific research to manufacturing. BioPharm-X manufacturing department is MHRA licensed, GMP certified and ISO accredited, operating within compliance of all relevant laws and regulations.

* Suitable for Vegetarians
* Maximum Strength Formulation
* Premium Grade Ingredients

**BioPharm-X: Superior Standards in Nutritional Supplements**

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| **magnesium supplements** | **magnesium** | **magnesium supplement** |
| **Maximum Strength**  BioPharm-X has the goal of enhancing the well-being of their customers around the world by delivering premium quality, best value nutritional supplements.  Each capsule has been formulated to safely provide significantly more then the minimum NRV levels for maximum effect. | **Quality Promise**  Every bottle is manufactured in the UK in a fully licensed facility, using only premium graded ingredients.  Rest assured that we would never consider manufacturing an item that did not fully meet these requirements. | **Directions for Use**  Adults: As a supplement begin by taking 1 softgel in the morning on an empty stomach with at least 8fl oz of water.  Do not exceed stated dose in a 24-hour period.  Use only as directed. |