

Magnesium Stress



Magnesium Stress is especially recommended for those who feel fatigue, irritability, and in periods of intense intellectual work. It strengthens the nervous system, fights stress, improves concentration and mood. Magnesium Stress alleviates the feeling of fatigue and improves sleep rhythms. The dose of 45 mg of magnesium contained in two chewable tablets supplements the daily requirement of this element by 15%; vitamin B6 ensures its better assimilability.

Products category:

Concentration, Tiredness, Stress, New, Recommended

General Information

Dosage

It is recommended to consume 2-4 tablets daily.

Package

30 or 60 chewable tablets.

Composition of the product

Vitamin B6	1,2 mg (86 % RDA)
Magnesium	135 mg (36 % RDA)