

Package leaflet



food supplement

coated tablets

Magnesium Vitamin B6 Vitamin D3

MAGLEQ B6 MAX + D3 is recommended:

- in order to supplement the diet with magnesium and vitamins B6 and D3,
- during periods of fatigue and particular strain on the body,
- during intensive mental and physical work.

Product description:

Magnesium is one of the most important minerals found in the human body. It participates in key energy production processes. It alleviates tiredness and fatigue, as well as supports muscle health. Additionally, it helps to maintain optimal psychological functions.

MAGLEQ B6 MAX + D3 contains magnesium in the form of magnesium citrate, which is one of the organic magnesium salts. It has been demonstrated that the organic (soluble) salts are better tolerated by the body and more efficiently absorbed than the inorganic forms (chloride, sulphate, nitrate, carbonate)¹. Magnesium citrate is one of the best absorbable magnesium salts, characterised by excellent bioavailability of up to 90%². It should be noted that the absorption is influenced not only by the type of preparation used. It is a multi-stage process, affected by several factors, such as diet, requirements, age, and individual capabilities. All of those elements determine how much of the administered magnesium will be absorbed by the body.

Magleq B6 Max + D3 also contains vitamin B6 that helps alleviate tiredness and fatigue. Another ingredient

is vitamin D in the form of cholecalciferol that helps maintain healthy and strong bones.

It facilitates effective absorption and utilisation of calcium and phosphorus, supports healthy muscle function and boosts the immune system.

Recommended daily dose of the preparation required to obtain the beneficial effect and the instructions for use:

1 tablet per day, preferably after a meal, with plenty of water.

Ingredients:

magnesium (magnesium citrate), bulking agents: cellulose, hydroxypropyl methylcellulose, vitamin D (cholecalciferol), anti-caking agents: silicon dioxide, magnesium salts of fatty acids, bulking agent: sodium carboxymethyl cellulose, vitamin B6 (pyridoxine hydrochloride); coating: glazing agent: hydroxypropyl methylcellulose, bulking agent: polydextrose, carrier substance: polyethylene glycol, colouring agent: titanium dioxide, anti-caking agent: talc.

Warnings:

Do not exceed the recommended daily dose of the preparation. Do not use in the case of hypersensitivity to any of the ingredients of the preparation. A food supplement cannot be used as a substitute for a balanced diet.

A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Before use, it is advisable to undergo a 25-(OH)D blood test and consult the result with a physician.

Composition of the recommended daily dose:

Ingredient	Quantity in 1 tablet	%NRV*
Magnesium (magnesium citrate)	102 mg	27.2
Vitamin B ₆ (pyridoxine hydrochloride)	2.5 mg	178.5
Vitamin D ₃ (cholecalciferol)	50µg	1,000

*NRV – Nutrient Reference Values, i.e. recommended daily levels of intake of vitamins and minerals (for adults).

Best before:

The best-before date and the batch number are printed on the side of the package.

Storage conditions: Store at room temperature (15–25°C) in a dark and dry place. Keep out of reach of children.

Contents:

A cardboard box containing 45 film-coated tablets, 1,179 mg each.

Net weight:

53 g

Manufacturer:

Przedsiębiorstwo Farmaceutyczne
LEK-AM sp. z o.o., ul. Ostrzykowińska 14A
05-170 Zakroczym

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1. Preparaty magnezu [Magnesium preparations]; A. Jabłecka, K. Korzeniowska, A. Skořuda, A. Cieřlewicz; Department of Clinical Pharmacology, Poznań University of Medical Sciences; *Farmacja Współczesna* 2011; 4: 29-32,
 2. Paul-Samojedny M., Samojedny A., Wszyńska Z. Pierwiastek życia – magnez, tak - ale jaki? [The element of life – magnesium. Yes, but what type?] *Świat Medycyny i Farmacji* 2011; 8(125)