



Food supplement high in Magnesium, Zinc, Vitamins B6 and D3, which contribute to the proper functioning of the nervous and muscle systems, and energy metabolism reducing fatigue and tiredness. With Inulin.

WHAT DOES IMOPRO 3MAGNESIA CONTAIN?

Magnesium bisglycinate; Magnesium citrate; Bulking agent: Cellulose; Magnesium L-pidolate; Inulin from chicory; Bulking agent: Dicalcium phosphate; Hydroxypropylcellulose; Mono- and diglycerides of fatty acids; Zinc L-pidolate; Anti-caking agents: Silicon dioxide, Magnesium salts of fatty acids; Vitamin D3 (cholecalciferol) from lichen (*Cladonia rangiferina* (L.) Weber ex F.H. Wigg.); Vitamin B6 (pyridoxine hydrochloride).

WHAT ARE THE PROPERTIES OF IMOPRO 3MAGNESIA?

Magnesium and **Vitamin B6** contribute to: reduction of **tiredness** and **fatigue**, supporting normal functioning of the **nervous system, muscle** and **psychological functions** and normal **energy-yielding metabolism**. In addition, **Vitamin B6** contributes to normal **homocysteine, protein** and **glycogen** metabolism.

Vitamin D3, also contributes to the maintenance of normal **muscle functions**, and plays a role in supporting the **immune system**, as does **Vitamin B6** and **Zinc**.

Zinc supports normal **cognitive functions** and contributes to **carbohydrates, macronutrients** and **fatty acids metabolism**, as well as protecting cells from **oxidative stress**.

HOW SHOULD IMOPRO 3MAGNESIA BE TAKEN?

Adults: take 1 to 3 tablets daily with a little water, preferably far from meals.

Children (+3 years) and teenagers: 1 or 2 tablets daily.

WHO IS IMOPRO 3MAGNESIA USEFUL FOR?

IMOPRO 3Magnesium, thanks to its balanced formulation, is a valid help for **adults, adolescents** and **children** in a state of magnesium deficiency, particularly **during summer, changes of season** and after **intense physical activity**. Its minerals and vitamins support the **nervous system** and **energy metabolism**, reducing **tiredness, fatigue** and **oxidative stress**.

In addition, it is suitable for **vegetarian** or **vegan** diets.

IS IMOPRO 3MAGNESIA WELL TOLERATED?

IMOPRO 3MAGNESIA is well tolerated.

No preservatives, no colouring agents and is gluten-free. It is also naturally lactose-free.

HOW CAN I STORE IMOPRO 3MAGNESIA?

Store at room temperature, in a cool and dry place. Avoid exposure to heat sources, sunlight and contact with water.

WARNINGS

Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

Keep the product out of the reach of young children.

Do not exceed the stated recommended daily dose.

The "Best Before End" date applies to the correctly stored and unopened product.

MAGNESIUM, VITAMIN B6, ZINC AND INULIN: INDISPENSABLE ALLIES OF THE ORGANISM

Magnesium is a **fundamental element**, a functional mineral for human physiology; **found in muscles, brain, bones and heart**.

In the body of an adult, the total amount of Magnesium can range between 20 to 28 g, 60% distributed throughout the bones, 39% in muscles and soft tissues and 1% in extracellular fluids.

It is an essential mineral **performing multiple functions in the body**, physiological functions as recognized by the European Food Safety Authority (EFSA). **It helps the performance of muscles and prevents muscle cramps. A crucial mineral that needs to be restored during physical exercise since it gets eliminated by sweating.** In fact, Magnesium reduces lactic acid build-up. Lactic acid is responsible for pain and fatigue after sporting activity. The intracellular energy (ATP) production depends on Magnesium. Magnesium is also useful for **improving muscle recovery processes**: it helps in neuromuscular conduction and has a myorelaxant and relaxing effect on muscles. It is helpful for both muscle and menstrual cramps. **It also helps to reduce tiredness and fatigue** and represents a valid support when **stress** is accompanied by **disturbed sleep**.

Magnesium is the **best ally bones** have got as this mineral is absorbed by the skeletal muscle system. In case there is a Magnesium deficiency, the body sources it from the bones' reserves to restore the balance, depriving the bones of this mineral and consequently weakening it. All this indirectly results in a reduction in the amount of calcium which is essential for the well-being and functionality of bones and joints. Moreover, the presence of intracellular Magnesium is strictly correlated to potassium and together they regulate the concentration of calcium. With the increase in temperature and the consequent loss of Magnesium through sweat, **IMOprou 3MAGNESIA** can become a **valid ally to regulate calcium concentration**.

The Magnesium salts contained in **IMOprou 3MAGNESIA** stand out for their distinctive characteristics that make them particularly suitable for Magnesium deficiency states.

Magnesium bisglycinate is a form of magnesium bonded to two molecules of glycine, an amino acid. This makes it **highly bioavailable** and **the body is able to absorb it more quickly**.

Magnesium citrate is a **highly soluble organic salt with a high absorption rate**: it is 1800 times more soluble than Magnesium carbonate.

Magnesium pidolate is an organic salt developed by binding magnesium and pidolic acid. **This particular composition ensures that the non-salted Magnesium passes unaltered from the stomach to the intestine, favouring a more rapid restoration of the mineral**, both at extra- and intra-cellular level. Thus, is able to **quickly act** on tiredness, irritability, muscular fatigue and migraines, **after only 60-90 minutes after being consumed**.

The components present in **IMOprou 3MAGNESIA** contribute to a high bioavailability of Magnesium.

- **Vitamin D3**: its plasma concentration aids the absorption of **Magnesium salts in the intestine**.
- **Vitamin B6**: **improves the absorption and bioavailability of Magnesium**, contributing to the **normal functioning of the nervous system supporting concentration and cognitive activities**.
- **Inulin**: improves the absorption of **magnesium and calcium**, **reducing the onset of osteoporosis**. Inulin in association with Magnesium contributes to the normal functioning of the gastro enteric system and facilitates the intake of **IMOprou 3MAGNESIA** even in **cases of digestive difficulties or intestinal discomfort**.
- **Zinc**: promotes the uptake of vitamins, **helps combat stress** and is useful for the **proper functioning of the central nervous system** and general intellectual functions.

Other IMOprou line products also available:

IMOprou COLOSTRUM Plus Bovine colostrum and Vitamins based food **supporting immune system**.

IMOprou DETODRAIN plant based food supplement with **purifying, detoxifying and body liquid draining functions**.

IMOprou DONNA typed Probiotics, Inulin, Vitamin B6, Selenium and Bilberry based food supplement **supporting women's gastrointestinal and urogenital well-being**.

IMOprou ENTERO typed Probiotics, Inulin, FOS, Vitamin B2 and Mallow based food supplement **supporting gastrointestinal well-being**.

IMOprou NATURPHRASIA medical device for ophthalmic use based on distilled Bilberry, Hamamelis, Chamomile and Euphrasia water. With Hyaluronic Acid. Thanks to its qualitative-quantitative composition, **IMOprou NATURPHRASIA** is indicated to **moisturize, hydrate, lubricate, refresh and soothe various ocular discomforts**.

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