

# TRIPLE MAGNESIUM

Professional Recovery Tablets



TRIPLE MAGNESIUM PROFESSIONAL RECOVERY features three select forms of bioavailable magnesium, providing multi-action support for neuromuscular function and recovery. Magnesium is also used to support the recovery phase after physical activity, including muscular aches, pains, cramps and spasms.



Three specific forms for absorbability



Supports muscle health



Reduces muscle cramps



Enhances bodily adaptation to stress



Relieves sleeplessness



Supports nervous system health

## DELIVERY SYSTEM

90 film-coated tablets

## DOSAGE

Two (2) tablets per day or as directed by your healthcare professional.

## DIETARY INFORMATION

Free from gluten, dairy, nuts, egg & sugar. Contains soy derived substances.

**VEGAN**

### Each Film Coated Tablet Contains:

Magnesium citrate equiv. elemental magnesium	<b>161.81 mg</b> <b>25 mg</b>
Magnesium amino acid chelate equiv. elemental magnesium	<b>525 mg</b> <b>105 mg</b>
Magnesium glycinate dihydrate equiv. elemental magnesium	<b>213.68 mg</b> <b>25 mg</b>
Total elemental magnesium	<b>155 mg</b>



# ROLE OF MAGNESIUM FOR ATHLETES

Magnesium plays an essential role in more than 300 essential biochemical processes. For athletes, magnesium plays a vital role in glycolysis and creatine phosphate production for healthy muscle function.

## ► MAGNESIUM CITRATE

MUSCLES | BIOAVAILABILITY | MINERAL

Magnesium citrate – an organic form of magnesium – is a great base for magnesium supplementation protocol due to greater solubility and bioavailability in comparison to inorganic forms.

## ► MAGNESIUM AMINO ACID CHELATE

MUSCLES | ABSORPTION | MINERAL

Excellent bioavailable and absorbed magnesium bound by amino acid protein pathways. Chelated magnesium can be delivered to parts of the body that other forms do not penetrate due to the absence of an amino acid binding.

## ► MAGNESIUM GLYCINATE DIHYDRATE

MUSCLES | SLEEP AID | MINERAL

Highly absorbable magnesium. Magnesium glycinate dihydrate is bound with the amino acid, Glycine. Glycine works synergistically alongside many neurotransmitters – like GABA – to promote and help relieve sleeplessness.



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