

# Chela-Mag B6 Mother



food supplement

## PLANNING - PREGNANCY - BREAST- FEEDING

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**Chela-Mag B6® Mother** is a food supplement which contains magnesium in the form of amino acid chelate by Albion® (magnesium bisglycinate) enriched with vitamin B6.

#### Scientific research has proven that:

- magnesium helps in the proper functioning of muscles
- along with vitamin B6 it is responsible for the proper functioning of the nervous system and maintaining proper psychological functions, as well as for reducing tiredness and fatigue
- participates in maintaining healthy bones and teeth
- participates in maintaining electrolyte balance
- is engaged in proper energy metabolism and helps in proper protein synthesis
- plays a fundamental role in the process of cellular division
- proper magnesium absorption from the gastrointestinal tract and its distribution throughout the body is ensured by the fact that it occurs in the form of superior-quality amino acid chelate, characterised by an exceedingly high bioavailability.



## Composition

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**Nutritional information**    **1 capsule**

<b>Magnesium</b>	100 mg (27%*)
<b>Vitamin B6</b>	2,1 mg (150%*)

\*NRV - nutrient reference value

Ingredients: Magnesium glycinate (magnesium amino acid chelates ALBION®), vitamin B6 (pyridoxine hydrochloride), magnesium stearate - an anti-caking agent), maltodextrin - bulking agent, capsule (gelatine, colour: E171).

## Purpose

The product designed especially for pregnant and lactating women and helps meet the human body's daily magnesium requirement.

## Recommendation

**Recommended use:** Preferably 1 capsule per day or otherwise after consultation with a doctor. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. A varied and balanced diet and a healthy lifestyle are recommended. Keep out of reach of children.