

Dear Magnesium-Diasporal® user,

Thank you very much for choosing Magnesium-Diasporal®.

You have purchased a German high-quality product for your daily supply with magnesium.

Why does your body need magnesium?

Magnesium contributes to normal muscle function and to normal functioning of the nervous system. Magnesium regulates the interaction of muscles and nerves and therefore ensures the smooth functioning of the entire muscular system. As part of more than 600 enzymes it plays a key-role in energy-metabolism.

A sufficient provision with magnesium also contributes to the reduction of tiredness and fatigue and maintains a normal psychological function, e. g. ability to concentrate.

How to choose the appropriate magnesium product for your needs:

1. Magnesium compound

Food contains magnesium in organic form, e. g. as magnesium citrate. Magnesium citrate also appears in the body and is therefore biocompatible and fast-acting. This is why almost all Magnesium-Diasporal® products contain organic biocompatible magnesium citrate.

2. Sufficient magnesium supply

The German, Austrian and Swiss Nutrition Societies recommend following amounts for daily magnesium supply – depending on age and gender:

Reference value for the recommended magnesium supply (mg/day)		
	Male	Female
Infants		
0 to less than 4 months	24	24
4 to less than 12 months	60	60
Children		
1 to less than 4 years	80	80
4 to less than 7 years	120	120
7 to less than 10 years	170	170
10 to less than 13 years	230	250
13 to less than 15 years	310	310
Adolescents/adults		
15 to less than 19 years	400	350
19 to less than 25 years	400	310
25 to less than 51 years	350	300
51 to less than 65 years	350	300
65 years and older	350	300
Pregnant women		
		310
Breastfeeding mothers		
		390

In general, the daily magnesium requirement for adults is 300–400 mg per day. However, our supply is not always sufficient. Deficiencies frequently result from unbalanced nutrition (e. g. diets, fast food) and magnesium losses because of industrial processing and preparation of foods.

When is an additional magnesium supply useful?

Adolescents and young adults have an increased magnesium demand according to growth and development.

During **pregnancy** a good magnesium supply of the musculature – especially of the uterus – is very important. And **nursing mothers** have considerably increased magnesium needs.

Elderly people are often affected by an inadequate magnesium supply. Physical activity decreases with increasing age and therefore the intake of food also decreases. However, the magnesium requirement of the body remains at the same level. At the same time, food, which is rich of magnesium, e. g. legumes is avoided because it is often difficult to digest. In **diabetics** the functioning of the kidneys is modified due to the impaired regulation of blood sugar. This often leads to increased magnesium losses via the urine.

The body loses Magnesium during **sports**, because of increased muscle activity and strong sweating. In order to maintain a long-term functioning of muscles and performance, athletes should therefore compensate the loss of magnesium and liquid quickly after sports.

All Magnesium-Diasporal® products are lactose, gluten and preservatives free.

Exclusively available in your pharmacy.



Magnesium- Diasporal® food supplement range:



Magnesium-Diasporal® 400 EXTRA

- Granules for oral solution
- 400 mg magnesium per sachet
- Only once a day
- Ingredient: pure biocompatible magnesium citrate
- Extra fruity due to natural orange juice concentrate
- Without sugar and artificial colourants
- Information for diabetics: 1 sachet contains < 0.2 CU
- Gluten and lactose free



Magnesium Diasporal® Extra direct

- Direct granules
- 400 mg magnesium per sachet
- Only once a day
- Ingredients: biocompatible magnesium citrate and magnesium oxide
- Extra fast intake without water
- Extra fruity due to natural orange fruit powder
- Without sugar, without artificial sweeteners and colourants, with sweetener sorbitol
- Information for diabetics: 1 sachet contains < 0.1 CU
- Gluten and lactose free



Magnesium-Diasporal® 400 EXTRA capsules

- Capsules
- 400 mg magnesium per capsule
- Only once a day
- Ingredient: magnesium oxide
- Recommended daily intake: take before a meal
- Tasteless and easy to swallow
- Without sugar and sweeteners
- Information for diabetics: 1 capsule contains 0 CU
- Gluten and lactose free



Magnesium Diasporal® direct:

- Direct granules
- 300 mg magnesium per sachet
- Only once a day
- Ingredients: biocompatible magnesium citrate and magnesium oxide
- Extra fast intake without water
- Refreshing lemon taste
- Without sugar, without artificial sweeteners and colourants, with sweetener sorbitol
- Information for diabetics: 1 sachet contains < 0.1 CU
- Gluten and lactose free

For more information please visit www.diasporal.com or contact us through: info@diasporal.de or Protina Pharm. GmbH, Diasporal® service team, Adalperostraße 37, D- 85737 Ismaning, Germany.

Thank you very much for your confidence. Stay healthy!