



Magnesium DIRECT

*lactose- &
gluten-free*



The modern and convenient Doppelherz® DIRECT dosage form is the result of an innovative manufacturing process.

Doppelherz® Magnesium DIRECT sachets contain nutrients in form of micropellets. Tear one sachet open, pour its content on the tongue and feel how the pellets dissolve within seconds. DIRECT sachets can be taken without any water, everywhere and at any time.

The DIRECT dosage form is convenient to supply the organism in a quick and direct way with **Magnesium, Folic acid, Vitamin B₆ and Vitamin B₁₂**, especially while on the way or when having problems swallowing tablets.

In addition, Doppelherz® Magnesium DIRECT pellets have a great lemon taste.

Magnesium is an essential mineral that is required to activate several enzymes involved in the energy-yielding metabolism. An optimal supply with Magnesium is therefore important for the production of energy for all cells. Being a major electrolyte, Magnesium is necessary for proper neurotransmission and muscle contraction, including the heart muscle.

Vitamins B₆ and B₁₂ also play an important role in the energy-yielding metabolism and in the normal function of the nervous system. Vitamin B₆ has a positive influence on the absorption of Magnesium.

Folic acid is important for many cellular processes such as cell division and blood formation, as well as for normal psychological function.

One sachet contains:

400 mg Magnesium, 400 µg folic acid, 6 mg Vitamin B₆, 3 µg Vitamin B₁₂

Recommendations:

Take 1 sachet daily. Please tear open the sachet in the direction indicated by the arrow. Pour out the micro-pellets directly on the tongue, let them dissolve and swallow.

Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for varied diet.

The product should be stored out of the reach of children.

Excessive consumption can have a laxative effect.

Contains a source of phenylalanine.

Do not store above 25 °C.




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