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NUTRA MAG PLUS

NUTRA MAG PLUS is a dietary supplement based on *Bisglycinate* Magnesium and Melatonin.

Glass bottle of 120 tablets.

4 tablets = 200 mg of bisglycinate Magnesium + 1 mg of Melatonin.

NUTRA MAG PLUS is a dietary supplement based on Magnesium and [Melatonin](#). Magnesium contributes to the reduction of tiredness and fatigue, the normal functioning of the nervous system, the normal muscle function, the electrolyte balance. Melatonin contributes to the reduction of the time required to fall asleep. The beneficial effect is obtained with the intake of 1 mg of Melatonin, just before bedtime.

Magnesium is known for its role:

- In the prevention and treatment of stress-related symptoms.
- In the prevention of high blood pressure.
- In the balance of the nervous system.
- In muscle relaxation: it helps to prevent cramps, but above all it regulates the uterine contractions, it reduces the chances of nausea and vomiting and it is fundamental to avert the danger of gestosis and premature birth.
- In attenuating the excitability of nerves and muscles, in reducing the secretion of adrenaline and in the communication processes of nerve cells, helping to regulate the transmission of signals.

In association with Melatonin, Magnesium acts on the nervous system and night hormones, promoting relaxation and a better rest.

In fact, Melatonin is known for its role:

- In balancing the sleep-wake rhythm, in case of psycho-physical stress, characterized by elevated levels

of adrenaline and cortisol, capable of generating a disturbed sleep.

- In reducing jet-lag disturbances.
- In improving the quality of life in patients with chronic obstructive pulmonary disease (COPD).
- In reducing the production of lactic acid after intense physical activity: circulating in the blood, lactic acid prevents the activity from continuing and causes severe muscle pain, however melatonin is able to bind to it, reducing the appearance of the pains.
- In reducing the effects of “overtraining”, that is an excessive training, when the physical activity practiced is too intense.
- In reducing oxidative muscle stress and inflammation induced by intense exercise.
- In stimulating the synthesis of the growth factor (GH).

It is well documented that a magnesium deficiency can lead to:

- Irritability, nervousness, tension, restlessness, palpitations.
- Anxiety, apprehension.
- Difficulty in concentrating.
- General apathy, mental and physical fatigue.
- Insomnia.
- Premenstrual syndrome.
- Symptoms of the menopause.