



Antistress - anti-fatigue - relaxing

COMPOSITION

Original combination of nutrients of marine origin:

- Bioavailable magnesium
- Bioactive marine peptides
- Vitamins B6

PROPERTIES

MAGZEN[®] combines the benefits of magnesium and bioactive marine peptides. A state of stress releases different hormones resulting in a loss of magnesium. If this state of stress persists, it may lead to magnesium deficiency, generating disruptions in the body and promoting oxidative stress.

NUTRITIONAL INFORMATION

MAGZEN[®] is a dietary supplement which contributes to the management of stress and fatigue.

MAGZEN[®] combines the benefits of 2 forms of magnesium and bioactive marine peptides.

*Magnesium and vitamin B6 contribute to the normal functioning of the nervous and psychological system and reduce fatigue..

	For 2 tablets	Daily intake for 2 tablets in NRV*
TOTAL MAGNESIUM of which:	300 mg	80%
Marin Magnesium HYPRORI [®]	270 mg	-
Magnesium bisglycinate	30 mg	-
Marine peptides GABOLYSAT [®]	200 mg	-
Vitamin B6	1.4 mg	100%

*Nutrient Reference Values

DIRECTIONS FOR USE

2 to 4 capsules daily.

A 1 to 3-month renewable course of treatment is recommended, renewable if necessary.

Swallow without chewing preferably at the beginning of a meal. Associated with a balanced diet and a healthy lifestyle.

PRECAUTIONS FOR USE

Not recommended in case of fish allergy.
Not suitable for children under 6 years old.
Do not exceed the recommended daily dose.

DIET AND LIFESTYLE RECOMMENDATIONS

- Stop smoking.
- Stay active through physical, manual and intellectual activities.
- Eat fish, if possible 2-3 times a week.
- Avoid saturated fats: meat fat, cream, butter, pastries, palm oil...
- Prefer foods rich in omega-3: fatty fish, rapeseed oil, walnut oil ...
- Eat fruits, vegetables and whole grains..
- Practice regular physical activity (swimming, 30-minute walk, gymnastic).
- Respect the rhythms of your sleep.
- Limit the consumption of alcohol and coffee.
- Master your weight.

Laboratoire Dielen formulates **food supplements**
pecially developed for your nutritional balance.

The Natural Health

