

Calcium & Magnesium Algae Mineral Complex – a nutritionist's guide

This synergistic blend of nutrients is targeted at supporting bone health, but can be taken by anyone wishing to experience the benefits of these vitamins and minerals. Before you begin supplementation, here is some additional product information.

Dosing guidelines

The standard dose we recommend for adults and children aged 12+ is 2 tablets daily.

How to maximise absorption

To enhance uptake, take these tablets with food, either during or immediately after a meal



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that contains a source of fat as this will stimulate the production of digestive enzymes to support the digestion and absorption of the tablet contents. It is recommended to divide the daily dose morning and afternoon if possible.

Swallowing difficulties?

Each tablet contains a break line so it is easy to snap each tablet in half for easier swallowing if necessary. You could also consider chewing the tablets but please note that the tablets are unflavoured.

Feeling the benefits

Decreased bone mineral density is usually a 'silent' condition, with a diagnosis often only made after a fracture. If you are taking this supplement to target bone health, it is possible that you may not actually 'feel' any different. Customers taking this supplement to support other conditions may start to notice a benefit after days to weeks. As with any supplement, the time taken to notice benefits depends on the individual, the condition being targeted and the baseline level of the nutrients already present in the body.

It may be a good idea to record your symptoms and score them on a scale of 1-10, before beginning supplementation. By reviewing these each month, you may start to notice gradual improvements in your wellbeing.

Safety

Calcium & Magnesium Algae Mineral Complex is tolerated well by almost all customers. It is ultra-pure and free from PCBs, dioxins and heavy metals. Although compatible with many prescription medications, herbs and other supplements, please ensure you discuss supplementation with your doctor if you are taking any prescription medications, especially blood thinners, just to be on the safe side.

Pregnancy and breastfeeding

Calcium & Magnesium Algae Mineral Complex is safe for almost all pregnant women and could be a valuable supplement when demands for these minerals are higher than usual. However, as with all supplements, we need to advise you to discuss your supplement use with your doctor or midwife.

Allergens and dietary needs

This product contains no gluten, dairy, lactose, soya, wheat, yeast, artificial colours or flavours, preservatives or sweeteners. It is non-GMO, suitable for vegetarians & vegans, and compatible with halal and kosher diets.

Storage

Store the tablets in a cool, dry place away from direct sunlight. Room temperature is generally fine. Keep out of the reach of children.

Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Danielle & the Igennus team

