

Triple Magnesium Complex– our nutritionist’s guide

Triple Magnesium Complex is a fully reacted & chelated magnesium supplement containing a complex of magnesium taurate, magnesium bisglycinate & magnesium citrate; a high absorption formula to support optimal bioavailability. Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

With magnesium, less is more, so we advocate supplementing two tablets as a split dose, as this will increase the amount of magnesium that is absorbed in comparison to taking them at the same time.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

Already receiving magnesium in another supplement?

If you are already receiving magnesium in another supplement, please pay attention to your total magnesium intake each day. Due to the enhanced bioavailability of *Triple Magnesium Complex*, additional supplemental magnesium may not be necessary alongside the full recommended daily serving amount. Therefore, we would recommend either taking *Triple Magnesium Complex* and your other magnesium-containing supplement on alternate days or reducing the total daily dose of each supplement by half, depending on your personal requirements.

If you’re still unsure, feel free to contact us.

The safety of *Triple Magnesium Complex*

Triple Magnesium Complex is compatible with most prescription drugs, herbals and other supplements but if you are taking any medications, we do recommend that you check for any interactions with your GP, healthcare practitioner, or by contacting us via Amazon.

Feeling the benefits

Our customers supplement with *Triple Magnesium Complex* for a variety of reasons; benefits are therefore apparent in many different ways depending on your reason for supplementation, as well as current nutrient status. Perhaps you could record your reasons for taking *Triple Magnesium Complex* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice very gradual improvements in your health.

Allergens and dietary needs

If you have any allergies, you'll be happy to know *Triple Magnesium Complex* contains no gluten, dairy, lactose or soya protein ingredients, and no artificial colours and flavours. It is also compatible halal or kosher diet.

Swallowing difficulties?

Each tablet contains a break line so it is easy to snap each tablet in half for easier swallowing if necessary.

Ongoing nutrition support & advice

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,

Maxine & the Igennus team

