



# Essential Micro

LC02

## TRIMIN ESSENTIAL (60 capsules)

NUTRITIONAL SUPPLEMENT WITH POTASSIUM, MAGNESIUM AND CALCIUM

INDICATED IN PROTEIN DIETS .

P.V.P  
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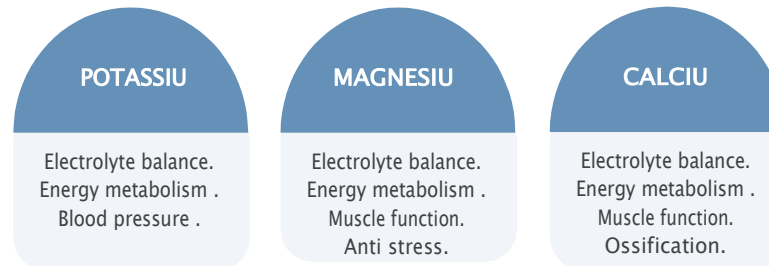
- Protein diet .
- Punctual, chronic or post-infectious **fatigue**.
- Acid-base **balance** , prevention of osteoarthritis and osteoporosis.
- High blood pressure .
- Athlete: background treatment, tendinitis, injuries, fatigue, specific training programs .



### DOSAGE INDICATIONS

The dosage is only indicated for information purposes and should be adapted to each patient according to the criteria of a health professional.

**1 or 2 capsules daily with breakfast.**





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### • Potassium

- Rebalances the Na/K **contribution**.
- Buffer **effect** of the tendency to acidosis.
- Modulation of enzyme systems (anabolism/catabolism). Maintenance of
- intracellular hydration.

### • Magnesium

- Operation of ion pumps. Buffer effect on
- gastric acidity.
- Decrease in gastric production **of** CO2 linked to the absorption of sodium bicarbonate : good tolerance.

### • Calcium

- Calcium contributes to **normal** energy metabolism, **normal** neurotransmission, good muscle function and normal functioning of digestive enzymes. It plays a role
- in **the** processes **of** cell division **and** specialization, is necessary for the maintenance of the skeleton and a **normal** dentition.

## • NUTRITIONAL VALUES

	By 1 capsule	%NRV*
Potassium	212.45 Mg	10.62 %
Magnesium	39.89 Mg	10.64 %
Calcium	20.02 Mg	2,5 %

\* %NRV: Values of Reference of Nutrients.

	By 2 capsules	%NRV*
Potassium	424.9 Mg	21.25 %
Magnesium	79.78 Mg	21.27 %
Calcium	40.04 Mg	5 %

\* %NRV: Values of Reference of Nutrients.

## • PRESENTATION

- Box of 60 capsules of 988mg.

### Bibliography

• Bac P, Herrenknecht C, Binet P, Durlach J, Magnes Res. 1993 Mar;6(1):11- 9. Audiogenic seizures in magnesium-deficient mice: effects of magnesium pyrrolidone-2-arboxylate, magnesium acetyltaurinate, magnesium chloride and vitamin B6. · Bac P, Herrenknecht C, Pagès N, Dupont C, Durlach J, Magnes Res. 1996 Dec; 9(4):281-91. Reversible model of magnesium depletion induced by systemic kainic acid injection in magnesium-deficient rats: Comparative study of various magnesium salts. · Dominguez LJ, Barbagallo M, Lauretani F, Bandinelli S, Bos A, Corsi AM, Simonsick EM, Ferrucci L, Clin M Nutr. 2006 Aug;84(2):419-26; Magnesium and muscle performance in older persons: the In CHIANTI study. · Lennon-Edwards S, Allman BR, Schellhardt TA, Ferreira CR, Farquhar WB, Edwards DG. Lower potassium intake is associated with increased wave reflection in young healthy adults. Nutr J. 2014;13:39 · Eastell R, Lambert H.. Diet and healthy bones. Calcif Tissue Int, 70 (2002), pp. 400-4 · Avenell A, Handoll HHG.. Nutritional supplements for hip fracture aftercare in the elderly.. Cochrane Database Syst Rev, 1 (2004), pp. No.: CD001880.



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