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Magnesium

Data Sheet

www.artgerecht.com





For your daily magnesium needs

Organic magnesium complex to reduce fatigue and tiredness and support normal muscle function

Organic magnesium compounds have higher bioavailability compared to inorganic forms.

Organic magnesium compounds are designed for the body's natural needs and can be absorbed more quickly by the body.

- High bioavailability
- Pure organic magnesium complex
- Fast absorption
- Gentle on the stomach
- Laboratory tested

What is Magnesium?

Magnesium is an essential mineral involved in various bodily processes. Since your body cannot produce minerals on its own, it is important to obtain them through food. Nowadays, our diet contains less and less magnesium.

The term 'magnesium' encompasses both organic (e.g., magnesium citrate) and inorganic magnesium compounds. Our organic magnesium complex helps you overcome persistent exhaustion, muscle cramps, and slow recovery after exercise. Close your nutrient gaps and boost your athletic performance with our high-quality product. Achieve your fitness goals more effectively by giving your body targeted support – discover the power of the organic magnesium complex.

The benefits of organic magnesium compounds, such as magnesium citrate, magnesium bisglycinate, and magnesium lactate, are numerous: First, they have high bioavailability, meaning they are generally better absorbed by the body compared to inorganic forms like magnesium oxide. Second, they offer better tolerance, as organic magnesium compounds tend to cause fewer stomach irritations or digestive issues than inorganic compounds. This makes them a preferred choice for people who are sensitive to certain types of magnesium. Third, organic magnesium compounds are absorbed more quickly by the body, making them more efficient for the body's needs.

Why Magnesium from artgerecht?

- Reduction of fatigue and tiredness²
- Support for the nervous system³
- Support for muscle function⁴
- 100% organic magnesium compounds (e.g. magnesium citrate)
- Faster absorption, high bioavailability
- High tolerance, gentle on the stomach
- Listed on the Cologne List®

Scientific background to Magnesium?

Magnesium is an essential vital mineral that plays an important role in over 300 enzymatic reactions in the body.

Magnesium helps reduce fatigue and exhaustion, maintain electrolyte balance, support normal energy metabolism, and promote the normal function of the nervous system, muscles, and mind, as well as normal protein synthesis and the maintenance of healthy bones and teeth. Additionally, it plays a key role in cell division.

Organically bound magnesium is magnesium bound to an organic substance and naturally produced. These forms often contain relatively little elemental magnesium but are significantly better absorbed by the body. Inorganic magnesium, on the other hand, consists of magnesium forms that contain relatively high amounts of elemental magnesium but are less well absorbed.

Organic magnesium compounds offer higher bioavailability, better tolerance, and may help minimize stomach issues compared to inorganic forms (magnesium oxide).

Frequently Asked Questions

What is Magnesium and why is it important for the body?

Magnesium is an essential mineral that plays an important role in over 300 enzymatic reactions in the body. It supports muscle function, energy production, bone health, and regulates nerve functions.

What is a Magnesium Complex?

A magnesium complex is a mixture of different magnesium compounds that are often formulated to improve bioavailability and tolerance, combining the benefits of various forms of magnesium.

What are organic magnesium compounds compared to inorganic ones?

Organic magnesium compounds like magnesium citrate, magnesium bisglycinate, and magnesium lactate are better absorbed by the body and are often more tolerable than inorganic compounds like magnesium oxide.

What are the benefits of organic magnesium compounds?

Organic magnesium compounds offer higher bioavailability, better tolerance, and may help minimize stomach issues compared to inorganic forms.

When is the best time to take magnesium?

Magnesium can be taken at any time of the day. Some prefer taking it in the morning for an energy boost, while others take it before bedtime for better relaxation and overnight recovery.

What dosage of magnesium is recommended?

The recommended dosage of magnesium depends on various factors such as age, gender, and individual needs. It is advised to follow the dosage recommendations on the product packaging or consult a doctor.

Are there any side effects when taking magnesium?

In general, magnesium is well tolerated, but in high doses, it can cause digestive issues such as diarrhea. People with kidney problems should consult a doctor before taking magnesium.

Can I take magnesium with other supplements?

Yes, but it is advisable to take magnesium at a different time from certain supplements such as calcium or iron to avoid potential interactions and optimize absorption.

Who benefits from taking magnesium supplements?

People with muscle cramps, athletes, pregnant women, older adults, and those with irregular diets may benefit from magnesium supplementation.

How long does it take for magnesium to show its effects?

The individual response to magnesium can vary. Consistent intake over a period of days to weeks can help bring about positive changes in the body, though no specific time frame for noticeable effects can be guaranteed.

Where do the ingredients in magnesium come from?

Our vitamins, minerals, and micronutrients are sourced 100% from natural origins. In contrast to synthetically produced vitamins, which often have lower bioavailability, our natural ingredients contain important secondary plant compounds that are essential for absorption and function. For example, spinach primarily provides B vitamins, chlorella is rich in vitamin B12, as well as vitamins C, D, E, and folic acid, broccoli also provides vitamin C, pumpkin contains vitamins C and E as well as minerals like potassium, calcium, and iron.

How is magnesium produced?

The ingredients for magnesium are obtained through a very gentle extraction process. Additionally, the extraction is free of genetic engineering and is done using water, with a gentle maceration of the raw materials.

Ingredients

Magnesium bisglycinate, Magnesium lactate, Magnesium citrate (magnesium salts of citric acid), Capsule shell (hydroxypropylmethylcellulose).

Content	Per Daily Dose (3 Capsules) NRV1
Magnesium 300 mg	80 %

Recommended intake

Take 1 capsule three times a day with 200 ml of water.

Additional information

- SKU/MPN: 15015
- Content: 90 Capsules
- Net filling quantity: 84,4 g
- EAN/GTIN: 4260656120569
- PZN (DE): 19172838
- PZN (AT): 5845179
- Customs tariff number: 21069092
- Origin: DE
- Version: 18.12.2025



1) Nutrient reference values2) Magnesium helps reduce fatigue and tiredness3) Magnesium contributes to the normal function of the nervous system4) Magnesium contributes to normal muscle function