

FRILABIOL Physical Fatigue

Magnesium

Magnesium gluconate is an organometallic pharmaceutical salt composed of magnesium combined with gluconic acid.

Gluconic acid is a weak organic acid derived from glucose through a dehydrogenation reaction catalyzed by glucose oxidase.

Magnesium gluconate is widely used in the nutraceutical and pharmaceutical sectors as a source of magnesium ions (Mg^{2+}).



Magnesium is an essential nutrient crucial for the proper functioning of the body. It plays several key roles, including:

- Structural component of bones
- Regulator of over 300 enzymes
- Cofactor in DNA and RNA synthesis
- Cofactor in cell reproduction
- Cofactor in protein synthesis

Several factors may lead to magnesium deficiency (hypomagnesaemia).

EFFICACY AND INDICATIONS

Magnesium gluconate is a mineral supplement used to prevent and treat magnesium deficiency.

Magnesium is essential for the proper physiological functioning of:

- Cells
- Nerves
- Muscles
- Bones
- The heart

In most cases, a balanced diet is sufficient to meet daily magnesium needs.

Magnesium may contribute to the prevention and management of several conditions, including:

- Cardiovascular diseases
- Diabetes
- Preeclampsia and eclampsia
- Alzheimer's disease
- Asthma
- Hearing disorders

Studies show that the more physically active a person is, the higher their magnesium requirements.

High blood magnesium levels have been associated with improved muscle performance, especially increased lowerlimb strength.

An adequate magnesium intake can therefore enhance physical performance.

