

Fartiga plus



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Magnesium dietary supplement

Ingredients:

Demineralized water; stabilizer: Maltitol syrup; Magnesium chloride; Magnesium Pidolate; Blueberry juice; Preservatives: Potassium sorbate, Sodium benzoate; Aroma; Sweeteners: Acesulfame K, Sucralose.

References:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573024/#:~:text=Magnesium%20supplementation%20resulted%20in%20a,or%20other%20noncommunicable%20chronic%20diseases.>
- <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/#:~:text=The%20dose%20of%20magnesium%20ranged,%E2%80%93933%20mmHg%20%5B32%5D.>
- <https://www.grassrootshealth.net/blog/magnesium-help-decrease-post-exercise-pain/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723322/#:~:text=Magnesium%20is%20a%20cofactor%20of,muscle%20integrity%20during%20demanding%20effort.>

Average analysis	Per vial of 15 ml	NRV% (*)
Magnesium	350 mg	93%

(*) Nutritional Reference Value
Gluten free.
Naturally lactose free.

The recommended dose is 1 vial daily



tiredness and fatigue reduction.



to electrolytes balance of the body.



nervous system normal functioning and normal muscular function.



Regulates blood sugar levels, blood pressure, and bone health.



GLUTEN FREE



Marketing Authorisation holder:
PHARMILANO S.R.L Via Carlo Poma no. 32. Milano, Italy
www.pharmilano.it

Made in Italy

10 Vials

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Fartiga plus is high potency formula, a combination of two sources of magnesium: Magnesium pidolate and magnesium chloride, which provides high bioavailability and a high amount of elemental magnesium with good tolerability. Each vial provides 350 mg of Magnesium element.

Fartiga plus vials and its multi-source formulation provide sufficient quantities of this mineral because:

- * Chloride: it is an inorganic compound and has good solubility and bioavailability.
- * Pidolate: it is an organic form of magnesium bound to an amino acid, which is an efficient way of absorbing and retaining magnesium.

Practitioners prefer to recommend magnesium chelates due to their impressive rates of absorption, single magnesium chelate formulas may perform poorly due to absorption pathway saturation. Whereas magnesium chelates plus magnesium salt have the advantage of utilizing multiple absorption pathways allowing for more magnesium to be absorbed at a faster rate generating efficient result.

Magnesium is a dietary mineral.

Magnesium deficiency is common and is associated with diabetes and other conditions. A prolonged lack of magnesium in the diet can lead to muscle cramps, raised blood pressure, and reduced insulin sensitivity.



Magnesium contributes to:

- 1 tiredness and fatigue reduction.
- 2 to electrolytes balance of the body.
- 3 nervous system normal functioning and normal muscular function.
- 4 Regulates blood sugar levels, blood pressure, and bone health.



A study recently published by Steward et al. included data from 9 male recreational runners who were put on a low-magnesium diet and were either given a week of 500 mg/day of magnesium or a placebo prior to a 10 km downhill run, and they found that muscle soreness was significantly higher at all three-time points from 24 hours to 72 hours after completing the run in the placebo group compared to the magnesium group (As can be seen in the chart).

Muscle Soreness in Response to Exercise for Placebo vs Magnesium Supplementation

