



PROZEN

NPN	80037175	FORMAT	90 tablets
INDICATIONS	Disorders associated with Magnesium and Vitamin B6 deficiency in man and woman (nervous and / or muscle fatigue, irritability, temporary tiredness, minors sleep disorders, palpitations, muscle cramps, tingling, pain associated with PMS, with menstruation and migraines). Supplement for pregnant women: indicated for nausea, stress and fatigue associated with pregnancy.	DOSAGE	1 tablet 3 times daily
CAUTION	Ask your doctor or pharmacist. Use of this supplement may be considered during pregnancy, if necessary. It is recommended not to exceed 20 mg / day of vitamin B6 in lactating women. Some people may develop diarrhea. Contraindicated in patients with severe renal failure (kidney failure functions).		

COMPOSITION

Magnesium (HVP chelate)..... 150 mg
Vitamin B6 (Pyridoxine HCL)..... 10 mg

DOCUMENTATION

Magnesium and Vitamin B6 play a role in balancing the nervous system, irritability, tiredness, minors sleep disorders, palpitations, muscle cramps and tingling. Magnesium assimilation is favored by the Vitamin B6, which improves efficiency. The combination of Vitamin B6 and Magnesium may be more effective (than either treatment separately) against the symptoms of premenstrual syndrome. Vitamin B6 can also significantly reduce morning sickness related to pregnancy.

MAGNESIUM (HVP CHELATE) 150 MG

Magnesium is the molecule of «ZEN ». It is a mineral essential for the proper functioning of the body. Its main property is related to its action on the nervous system, but it has many other benefits including on the muscles, the heart, the bones and the immune system. It is particularly recommended for people under stress or deficient¹.

Involved in many metabolic reactions and transmission of nerve signals, Magnesium is essential to maintaining a regular heartbeat, lipid metabolism, as well as regulating blood sugar levels and blood pressure. Magnesium also helps in the prevention of cardiovascular disease, migraines, diabetes, severe asthma, difficulty sleeping, premenstrual pain and preeclampsia²⁻⁴.

Caused by a diet low in magnesium , stress , consumption of energizing beverages and long -term use of certain medications (diuretics , some antibiotics , immunosuppressants , oral contraceptives, estrogen and certain anticancer medicine) , Magnesium deficiency is difficult to diagnose³. The most common symptom of Magnesium deficiency is the appearance of muscle cramps. Other symptoms of that impairment are manifested by loss of appetite, nausea, vomiting, fatigue and weakness. Depending on the degree of disability, more severe symptoms may occur: numbness, irregular heartbeat and coronary spasms.

Validated by clinical trials, Magnesium dietary supplementation is recognized in the treatment of several disorders such as cardiovascular disease , migraines , diabetes , severe asthma , PMS and preeclampsia³.

VITAMIN B6 (PYRIDOXINE HCL) 10 MG

The daily intake of Vitamin B6 is essential because the body can neither produce nor accumulate this vitamin. It plays a role in the synthesis of certain antibodies, hemoglobin and in maintaining mental balance. It contributes to the absorption of vitamin B12 and magnesium assimilation by the body.

According to “The Society of Obstetricians and Gynaecologists of Canada (SOGC)”, more than half of pregnant women experience nausea and vomiting. The source of this uneasiness is not clear, but a serious track, on Vitamin B6 content in the blood seems to correlate with the onset and severity of disorder ^{5,6} the antiemetic effect of Vitamin B6 is known since 1942. Its effectiveness in the prevention of nausea episodes during pregnancy has since been confirmed by many clinical trials ⁵⁻⁹.

RÉFÉRENCES

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