

Which product is right for me?

Magnesium Glycinate	MegaMag® Energen Plus	MegaMag® Calmeze	MegaMag® PeriMeno Plus
			
<p>Magnesium supplementation</p>	<p>Supports healthy energy production</p>	<p>Supports a healthy stress</p>	<p>Support for menopausal transition</p>
<p>Highly absorbable magnesium in glycinate form</p>	<p>Highly Absorbable Magnesium Glycinate with N-Acetyl-Carnitine + Malic Acid</p>	<p>Highly Absorbable Magnesium Glycinate with Theanine, Taurine + Glycine</p>	<p>Highly Absorbable Magnesium Glycinate with Herbal Blend for Women Over 40</p>
MegaMag® Night Formula	MegaMag® Fem Balance	MegaMag® Muscleze	
			
<p>Helps the nervous system to aid restful sleep</p>	<p>Supports healthy hormone balance</p>	<p>Muscle function & recovery</p>	
<p>Highly Absorbable Magnesium Glycinate with Tryptophan, Theanine, Hops + Lactium®</p>	<p>Highly Absorbable Magnesium Glycinate with Myo-inositol, Vitamin B6 + Calcium</p>	<p>Highly Absorbable Magnesium Glycinate + Malic Acid + Co-Factors</p>	

What makes Nutri Advanced's Magnesium 'optimum'?

Optimum absorption ✓

We use magnesium glycinate which does not dissociate in the gut like other forms of magnesium and avoids competition with other minerals for absorption.

Well tolerated formulas ✓

Not only does magnesium have a better uptake in a glycinate form, it is also better tolerated with lower risk of gastric side effects such as diarrhoea, than other forms of magnesium.

Powder supplements ✓

Our MegaMag® supplements are provided as powders which means we can deliver more of the bulkier nutrients, such as minerals and amino acids, that would usually necessitate large or numerous tablets to achieve the optimal dose. We also offer magnesium glycinate in a convenient tablet for those who don't like drinking supplements.

Delicious flavours ✓

We provide multiple delicious flavours of MegaMag® which can be combined together or mixed with cordial and juice to add variation.