The Pido-Magnesium efficacy comes from the synergistic action between the mineral and the pyrrolidone carboxylic acid which is naturally present in the body.

**Properties**
- Good tolerance
- Bio available
- Thermal stability
- White powder
- Magnesium content: 8.5%
- Solubility at 20°C: >60%

**Applications**
- Liquid form (drinks, syrups...)
- Tablets
- Capsules
- Sachets

**EU authorized Health claims for magnesium**
- Contributes to a reduction of tiredness and fatigue
- Contributes to electrolyte balance
- Contributes to normal energy-yielding metabolism
- Contributes to normal functioning of the nervous system
- Contributes to normal muscle function
- Contributes to normal protein synthesis
- Contributes to normal psychological function
- Contributes to the maintenance of normal bones
- Contributes to the maintenance of normal teeth
- Has a role in the process of cell division
Definition

Pido-Magnesium: The pyrrolidone carboxylic acid (PCA) magnesium salt. PCA is a key molecule involved in numerous biological mechanisms as physiological and biochemical intermediate.

Pido-Magnesium is a bioavailable magnesium salt with a high solubility (>500 g/l)

Nutraceutical performances

Spasmolytic and neurosedative activity*

Analgesic action: reduces episodic and chronic migraines**

* : In vivo study (Rat)
** : Study on children aged 8 to 16, 2.25 g Magnesium pidolate twice a day for 2 months.

Cosmeceutical performances

Pido-Magnesium

- Stimulates cells metabolism*
- Limits inflammation reaction by decreasing histamine release**
- Inhibits temporarily muscle contraction***

* : In vitro study performed with human fibroblasts
** : In vitro study performed with mastocytes
*** : In-vitro study performed using innervated muscle