

# Argivit



**Argivit** is a food supplement that contains L-Arginine, Creatine, L-Carnitine, L-Aspartic acid, Magnesium L-pidolate and Potassium citrate with vitamins and mineral salts.

**Argivit** is indicated for all cases of reduce intake of its components with the diet or in cases of increased demands thereof.

Magnesium contained in Argivit promotes the electrolyte balance and the reduction of tiredness and fatigue.

Potassium contained in Argivit promotes the normal muscular function.

## **Gluten Free**

**L-Arginine**, endogenous precursor of Creatine and essential substrate of the Nitric Oxide synthesis, promotes the maintenance of the regular ammonia clearance.

**Creatine** is an intermediate compound of the energy metabolism synthesized by the liver (1g/die), and is used in mammalian muscles to regenerate ATP during first the few seconds of muscle contraction. The human organism is able to store a maximum of 0,3g per Kg of body weight of it.

**L-Carnitine** is synthesized in the human body by the liver and kidneys. 95% of the carnitine present in the human body is contained in the skeletal and cardiac muscles. It is a carrier of fatty acids that allows the mitochondria to use them for the production of ATP.

**L-Aspartic acid**: amino acid involved in gluconeogenesis, metabolic process during which, in case of need due to a lack of glucose in the blood flow, a not glucose compound is converted to glucose compound.

**Magnesium** contributes: to the regular protein synthesis, the physiological electrolyte balance, normal energy metabolism and the physiological muscle function. Magnesium, therefore, contrasts tiredness and fatigue.

**Potassium** contributes to the physiological muscle function, the maintenance of regular blood pressure and the regular functioning of the nervous system.

**Vitamin C** has an antioxidant activity and contributes to the normal energy metabolism and to the reduction of tiredness and fatigue. It increases the iron absorption, it contributes to the regeneration of Vitamin E favoring the maintenance of normal psychological function.

**Vitamin E** contributes to the protection of cells from oxidative stress.

**Selenium**: is an antioxidant, contributes to the regular functioning of the immune system and to the normal spermatogenesis.

**Iron** contrast tiredness and fatigue, contributes to the regular energy metabolism, normal synthesis of red blood cells and of hemoglobin and to the physiological oxygen transport.

## **RECOMMENDED DOSAGE**

One sachet per day. Dissolve the content of the sachet in a glass of water.

[www.argivit.it](http://www.argivit.it)