

# Mito·Matrix

Comprehensive mitochondrial support for patients with cognitive dysfunction, low energy, nerve damage, fertility concerns and poor recovery from environmental stressors.

Each capsule contains:

N-Acetyl-L-carnitine HCL	450mg
DL-alpha Lipoic acid	100mg
N-Acetyl-L-cysteine	150mg
Coenzyme Q10 (ubiquinone)	50mg



120 vegetable capsules

Gluten, soy and dairy free.

There is growing evidence that mitochondrial dysfunction is a factor in many chronic and degenerative diseases. The mitochondrial tasks of creating cellular energy and removing waste byproducts are fundamental to all biological systems. However, these tasks are complex with many failure modes.

**Mito·Matrix** offers a comprehensive and well-balanced formulation to improve mitochondrial function, metabolism and cellular energy production.

A number of nutrients have been identified to improve mitochondrial function.

**ALC** is the acetylated form of L-Carnitine and the only form demonstrated to cross the blood-brain-barrier and enter the central nervous system. Research has shown that **ALC** can improve various markers of cognition and mood, including attention, reaction time, memory, depression and mental fatigue. **ALC** also protects the nerves in cases of drug-induced neuropathy and diabetic

## Key points

- Indicated for patients with cognitive dysfunction, low energy, nerve damage, fertility concerns and poor recovery from environmental stressors
- Acetyl-L-Carnitine (ALC) improves cognition, mood and nerve function through the protection of both the central and peripheral nervous system
- N-Acetylcysteine (NAC) upregulates glutathione production, protects the liver and acts as an effective mucolytic agent
- Alpha-Lipoic Acid (ALA) helps to regulate blood sugars and reduce symptoms of diabetic neuropathy
- Coenzyme Q10 (CoQ10) improves cellular energy production and subsequent cardiovascular function, sperm parameters and oocyte quality

neuropathy, with extensive evidence to show that it can positively impact sperm motility and, thereby, male infertility.

**N-Acetyl Cysteine (NAC)** is the rate-limiting amino acid needed to build glutathione, our body's master antioxidant. This ability to upregulate glutathione explains why it is conventionally used to protect the liver in cases of acetaminophen toxicity and why it is known as a liver protectant and detoxifying agent. In addition to its powerful antioxidant action, **NAC** is an effective and well-researched mucolytic agent in cases of bronchitis and other respiratory conditions.

**Coenzyme Q10 (CoQ10)** is another powerful antioxidant within the body that is necessary for cellular energy production in the electron transport chain. Although CoQ10 is most well-known for its ability to improve cardiovascular conditions such as congestive heart failure, cardiomyopathies and hypertension, clinical trials have also shown that supplementation can improve parkinson's disease, sperm parameters and male infertility, oocyte quality and

female infertility, migraines and more.

Lastly, **Alpha Lipoic Acid (ALA)** is another nutrient that has demonstrated the ability to protect the nervous system and improve mitochondrial function. **ALA** is capable of increasing both intracellular glutathione levels and coenzyme Q10 levels, making it the ideal nutrient to supplement alongside **NAC** and **CoQ10**. **ALA** has specifically been studied for its ability to reduce blood sugar, protect nerve cells, reduce pain, numbness and burning in cases of diabetic neuropathy, and chelate heavy metals such as mercury.

Collectively, all four of these ingredients are found in **Mito-Matrix** to synergistically restore mitochondrial function to the cellular powerhouse that it should be. **Mito-Matrix** provides comprehensive mitochondrial support for patients with cognitive dysfunction, low energy, nerve damage, fertility concerns and poor recovery from environmental stressors. **Mito-Matrix** is particularly indicated for individuals with toxin exposure and resultant cellular detoxification deficits.

## Related products

A·C·E·S· + Zinc  
Cyto ALA  
Cyto B-Complex  
Cyto Ubiquinol  
Carni·Sorb

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

**Indications:** An antioxidant for the maintenance of good health.

**Contraindications:** Do not take if you are pregnant, breastfeeding or taking antibiotics or nitroglycerine. Do not use if you have primary systemic L-carnitine deficiency or secondary L-carnitine deficiency.

**Directions:** Adults - Take 2 capsules 2 times per day with meals or as directed by a healthcare professional.

**Duration of use:** Consult health care professional for use beyond 6 months.

**Warnings:** Do not use if safety seal is broken. Consult health care professional prior to use if you have diabetes, kidney stones, cystinuria, liver or kidney disease or if you are taking blood pressure medication, blood thinners, or following a low protein diet.

**Known adverse reactions:** Mild gastrointestinal symptoms (transient nausea, vomiting, abdominal cramps, diarrhea) have been reported. Low incidence of seizures have been reported with oral doses in individuals with/without pre-existing seizure disorders.