

# Relax Matrix

A powdered blend of evidence-based nutrients to calm the nervous system and protect from overstimulation, promote neurotransmitter synthesis and support blood sugar regulation. For improved mood, cognition, sleep and stress-coping.

## Each scoop (4.6g) contains:

Magnesium (TRAACS™ Magnesium Bis-glycinate Chelate)*	150mg
Inositol	2g
GABA	150mg
L-Theanine	75mg
L-Taurine	600mg
Vitamin B6 (pyridoxal-5-phosphate)	3mg
Vitamin B12 (methylcobalamin)	75mcg
Folate (L-5-methyltetrahydrofolate)	75mcg

280 grams powder

Vegan. GMO, gluten, soy and dairy free.

**TRAACS™** \*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS™ is a registered trademark of Albion Laboratories, Inc. U.S. Patent 7,838,042



Glutamate excitotoxicity has been implicated as a key physiological pathway in many neurological conditions. Overstimulation of the nervous system can occur as a result of damaging circumstances such as post-traumatic brain injuries or hearing damage. It can also be present in common concerns such as mental health imbalances and behavioural disorders. Fortunately, a variety of evidence-based nutrients are available to calm the nervous system, combat this excitatory action and, ultimately, protect against further damage.

**Inositol** is a B-vitamin like nutrient that plays a significant role in molecular signalling within the nervous system. It is necessary for optimal neurotransmitter receptor function. By improving receptor sensitivity, **inositol** can help to balance the nervous system and various hormones in the body such as insulin and thyroid hormones. Multiple human

## Key points

- Synergistic blend of evidence-based nutrients to calm the nervous system and protect from overstimulation, promote neurotransmitter synthesis and support blood sugar regulation
- Inositol aids in cellular communication and improves neurotransmitter and hormone receptor sensitivity
- L-theanine promotes a calm yet alert state through the induction of alpha-brain waves in the brain
- Magnesium is provided in the well-absorbed bisglycinate form to promote cellular energy production, neurotransmitter synthesis and the relaxation of nerve and muscle tissues
- Taurine regulates intra- and extra-cellular electrolyte levels and membrane stability of neurons
- Trace B-vitamins are added for gentle neurotransmitter and co-factor support in the nervous system
- Powdered delivery allows for easy dosing adjustments and improved patient compliance

## Related products

Adrenal-Matrix

Bio-B Matrix B6

Bio-B Matrix LT

Cyto-Calm

Cyto-Glycine

Cyto Theanine

Cyto-Taurine

Mag Bis-glycinate 80mg

Mag Bis-glycinate 200mg

Mag Bis-glycinate 300mg Liquid

Mag Bis-glycinate 400mg Powder

Magnesium Multi-Mineral

Mag-Matrix Liquid

Mag-Taurine Matrix

Magnesium Sleep-Matrix

Rhodiola Rosea Extract

clinical trials have supported these actions and shown that **myo-inositol** is beneficial in regulating mood.

**L-Theanine** is a single amino acid naturally found in green tea that calms the mind and improves focus.

**L-theanine** positively acts on various neurotransmitters in the brain such as serotonin, dopamine, GABA and glutamate. Collectively, this leads to an increase in alpha-brain waves and a calm, yet focused, state.

**Magnesium** is arguably one of the most important minerals when it comes to mental health and cognition. It is necessary for maintaining proper nerve function, creating cellular energy in the mitochondria, activating GABA receptors and blocking the action of glutamate at NMDA receptors. Collectively, suboptimal magnesium levels create a pro-inflammatory and excitatory state in the brain. Clinical trials and large-scale evidence has shown that magnesium can be helpful in cases of fatigue, mood disorders, insomnia, attention-deficit hyperactive disorder (ADHD), cognitive decline and stress.

**GABA** (gamma-aminobutyric acid) is an inhibitory neurotransmitter often used

to relax the mind in cases of stress and insomnia. GABA can positively impact cortisol levels and reduce the amount of time it takes to fall asleep, making this amino acid particularly useful in those with difficulty initiating sleep because they cannot calm their racing mind.

**Taurine** is an amino acid that is not involved in protein synthesis or any structural components of the human body. Instead, taurine is found in the free form and in particularly high concentrations within the brain. It is responsible for regulating a number of physiological functions, such as intra- and extra-cellular electrolyte balancing, membrane stabilization and even lipid digestion.

**Relax Matrix** provides a therapeutic blend of these evidence-based nutrients to support a healthy nervous system, neurotransmitter synthesis, blood sugar regulation and mood. **Relax Matrix** also includes small amounts of **trace B-vitamins** to support neurotransmitter synthesis without risking overstimulation in individuals with methylation defects. **Relax Matrix** is delivered in a powdered format to allow for optimal compliance and easily adjusted dosing regimens to support mood, cognition, sleep and stress.

**Non-Medicinal Ingredients:** None.

**Indications:** Helps to temporarily promote relaxation. Helps in the normal function of the immune system, to maintain healthy metabolism and to maintain proper muscle function.

**Directions:** Adults - Dissolve 1 scoop in 250-500ml of water immediately before consumption, 2 times per day or as directed by a healthcare professional.

**Duration of use:** Products providing 300mg or more GABA per day: Consult a healthcare professional for use beyond 4 weeks.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding or to ensure timely treatment of a serious cause of infertility. Consult a healthcare professional if symptoms persist or worsen. Products providing 300mg or more GABA per day: Do not use with alcohol. Consult a healthcare professional if you experience nausea, tiredness, headache, dizziness, abdominal pain, flatulence or soft stool.



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