

# Mito•Matrix

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

Gluten Free

Soy Free

Dairy Free



- 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

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 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 up-regulate 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.

#### Each capsule contains

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

#### Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose.

#### Recommended Use Claim

Provides antioxidants for the maintenance of good health

#### Directions of Use

Adults (19 years and older) - Take 2 capsules, 2 times per day with meals. Consult a healthcare professional for use beyond 6 months.

#### Cautions and Warnings

Do not use if • you are taking antibiotics • you are taking nitroglycerin • you have primary systemic L-carnitine deficiency • you have secondary L-carnitine deficiency • you are pregnant • you are breastfeeding. Consult a health care practitioner prior to use if • you have diabetes • you have kidney stones • you have cystinuria • you are taking blood pressure medication • you are taking blood thinners • you have liver or kidney disease • you have been instructed to follow a low protein diet. Mild gastrointestinal symptoms (transient nausea, vomiting, abdominal cramps, and diarrhea) have been reported. Low incidences of seizures have been reported with oral doses in individuals with or without pre-existing seizure disorders. Keep out of reach of children.

#### Storage Conditions

Do not use if safety seal is broken.