

# Magnesium Sleep•Matrix

Improve sleep quality, sleep latency and sleep duration in your patients with a gentle, yet effective, blend of evidence-based nutrients.

Vegan

GMO Free

Gluten Free

Dairy Free



- A formula designed to target multiple factors that contribute to insomnia, leading to reduced sleep latency, less waking and improved sleep quality
- Magnesium relaxes both the musculoskeletal and nervous system, increasing GABA and blocking the excitatory NMDA receptors to improve sleep issues related to anxiety, low mood and pain
- Melatonin resets the circadian rhythm and is particularly indicated for shift-workers or individuals wanting to prevent jetlag, capable of improving all sleep parameters
- GABA acts as an inhibitory neurotransmitter that reduces excitability in the nervous system and decreases the time needed to fall asleep

More than 1 in 3 Canadians report at least one symptom of insomnia, including difficulty falling asleep, staying asleep or early morning waking. This is problematic when we consider that inadequate sleep has been strongly linked with chronic health concerns like impaired immunity, low mood and even low bone mineral density. Mag Sleep.Matrix offers a balanced formula of evidence-based nutrients to help your patients get the rest

and recovery that they need to stay in optimal health.

Magnesium is well-known for its ability to relax skeletal and smooth muscles, making it a crucial mineral for conditions such as muscle tension and pain. Magnesium also activates the parasympathetic nervous system blocking NMDA receptors and activating GABA receptors, adding to its calming effects and making it a natural sleep aid for those with an overactive mind. Studies have found that supplementation can improve sleep quality, cortisol release and melatonin levels. Moreover, magnesium has been shown to be beneficial in individuals suffering from anxiety and low mood, common causes of insomnia.

Melatonin is the body's hormone designed to regulate our circadian rhythm, the cycle that dictates when we should be awake and when we should be asleep. It is naturally produced in the pineal gland and found in various foods such as cherries and walnuts, but more importantly, it has well-established benefits as a sleep aid supplement. Clinical trials have found that melatonin can reduce the time it takes to fall asleep and improve the ability to stay asleep, increasing total sleep time and restfulness. Melatonin is

particularly indicated for individuals that do shift-work overnight or to prevent jet lag in people that travel often.

GABA (gamma-aminobutyric acid) is an inhibitory neurotransmitter often used to relax the mind in cases of anxiety, stress, low mood and insomnia. Research has shown that GABA can reduce anxiety 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.

Collectively, Mag Sleep-Matrix contains 125 mg of elemental magnesium, 100 mg of pure GABA and 2.5 mg of stable melatonin per vegetarian capsule. This makes Mag Sleep-Matrix a gentle, yet effective, option for patients with insomnia due to stress, anxiety, circadian rhythm errors and chronic pain.

#### Each capsule contains

Magnesium .....	125mg
(Albion™ magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide))*	
GABA .....	100mg
(gamma-aminobutyric acid)	
Melatonin .....	2.5mg



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#### Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose.

#### Recommended Use Claim

Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps re-set the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to temporarily promote relaxation.

#### Directions of Use

Adults (19 years and older) - Take 1-2 capsules before bedtime. Ask a healthcare professional for use beyond 4 weeks.

#### Cautions and Warnings

Do not use this product if • you are pregnant • you are breastfeeding. Ask a healthcare professional prior to use if you are taking • anticoagulant • anticonvulsant • steroids • blood pressure medications • immunosuppressive medications • sedative/hypnotic or psychotropic medications. Ask a healthcare professional prior to use if you have • asthma • depression • diabetes/hypoglycemia • migraine • hormonal/seizure disorders • cardiovascular disease • chronic kidney disease • immune system disease • liver disease. Ask a healthcare professional for use • beyond 4 weeks if symptoms of chronic insomnia worsen or persist continuously for more than 4 weeks. Stop use if • mild gastrointestinal symptoms (nausea, vomiting, or cramping) occur • rare allergic reactions occur. When taking this product • consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Keep out of reach of children.

#### Duration of Use

Consult a healthcare professional for use beyond 4 weeks or if symptoms of chronic insomnia worsen or persist continuously for more than 4 weeks.

#### Contraindications

Do not use if you are pregnant or breastfeeding.

#### Known Adverse Reactions

Rare allergic reactions and mild gastrointestinal symptoms (nausea, vomiting, or cramping) have been known to occur – discontinue use if so.

#### Storage Conditions

Do not use if safety seal is broken.