

Mag Matrix 4

100mg of elemental magnesium per capsule, delivered as a complex bound to threonate, malate, bis-glycinate, and aspartate

Vegan

GMO Free

Dairy Free

Gluten Free

Soy Free



- 100mg of elemental magnesium per capsule, delivered in a blend of four forms
- Magnesium di-malate is a targeted form of magnesium for those with fibromyalgia syndrome, muscle fatigue, soreness and chronic fatigue syndrome
- Magnesium aspartate helps to increase cellular energy production and has been shown to have a positive effect on fatigue
- Magnesium bisglycinate is widely regarded as one of the best absorbed and digestively tolerated magnesium forms
- Threonic acid is a water-soluble substance that's formed when vitamin C is broken down in the body. When you combine magnesium and threonic acid, magnesium L-threonate is formed.
- 120 capsules per bottle

Magnesium is one of the most important minerals for our health. It is necessary for maintaining proper nerve and muscle function through its regulation of calcium, creating cellular energy in the mitochondria, and acting as a cofactor to build DNA, RNA, and many proteins.

Despite its vast importance, it is commonly deficient in the Canadian population due to poor diet, medication depletions, and stress. Suboptimal magnesium levels create a pro-inflammatory state within the body with numerous health implications.

As more research continues to build regarding the benefits of magnesium in human health, it is difficult not to consider additional supplementation in most patients. Clinical trials and large-scale evidence has shown that magnesium may be helpful in many health concerns. However, it appears that certain forms of magnesium are better tailored to specific conditions, physiological systems, or targeted symptoms and there isn't always a one-size-fits-all approach when finding the best magnesium supplement for each individual.

The bottom line is that magnesium can be offered in many supplemental forms, each with advantages and disadvantages. For example, one of the most widely used and studied forms of magnesium is magnesium oxide. This magnesium blend is cost-effective and can be delivered in relatively large doses per standard capsule, yet it is well-known to induce a laxative effect on the bowels, making it less desirable for many individuals.

Other forms of magnesium can offer unique and tailored benefits without such compromise. Magnesium malate has been studied for its ability to reduce pain and tenderness in fibromyalgia sufferers. This is most likely because malate is actually a substrate found in the mitochondria that is used to create cellular energy. A similar approach for cellular energy production involves magnesium aspartate, a form of supplemental magnesium that has been demonstrated to have a positive effect on fatigue and muscle hyperexcitability.

When it comes to bioavailability, magnesium bis-glycinate offers advantages. Magnesium bis-glycinate is a form of magnesium that combines one molecule of magnesium with 2 molecules of the inhibitory amino acid glycine. This chelated bond is advantageous as it remains stable throughout the digestive tract, preventing magnesium from binding with other compounds. The presence of glycine also gives the molecule access to dipeptide transport sites. Ultimately, this leads to greater absorption and tolerability.

Mag Matrix 4 by Cyto-Matrix combines these four forms of magnesium to deliver synergistic benefits of magnesium without compromise. Each capsule offers 100mg of elemental magnesium in a well-absorbed and well-tolerated blend. 120 vegetable capsules per bottle.

Each capsule contains

Magnesium 100mg
(Albion™ magnesium bisglycinate chelate*, Albion™ di-magnesium malate*, magnesium L-Threonate, magnesium aspartate)



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Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose.

Recommended Use Claim

A factor in the maintenance of good health. Helps in energy metabolism and tissue formation. Help in the development and maintenance of bones and teeth. Helps to maintain normal electrolyte balance. Helps to maintain normal muscle function, including the heart muscle.

Directions of Use

Adolescents and Adults (14 years and older) - Take 1 capsule, 1 - 3 times per day.

Cautions and Warnings

Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.