

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 (1.5g) contains:

Magnesium (TRAACS® Magnesium Bis-glycinate Chelate)*	50mg
Inositol	650mg
GABA	50mg
L-Theanine	25mg
L-Taurine	200mg
Vitamin B6 (pyridoxal-5-phosphate)	1mg
Vitamin B12 (methylcobalamin)	25mcg
Folate (L-5-methyltetrahydrofolate)	25mcg



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

280 grams powder

Vegan. GMO, gluten, soy and dairy free.

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 has been demonstrated to play a significant role in molecular signalling within the nervous system. It is particularly

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·B6
Cyto B·Complex
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

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 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 is well-known to calm the mind and improve focus. Research has found that **L-theanine** can positively act 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. Research has shown that 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 unlike most others because it 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 - Mix 1 scoop in 250ml water, 1 time per day or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding. Consult a healthcare professional if symptoms persist or worsen.