

Cramp Matrix

Designed to relieve a variety of muscle cramps and spasms, including premenstrual cramps, musculoskeletal pains and digestive disturbances.

Each capsule contains:

Crampbark extract (rhizome bark, <i>Viburnum opulus</i>) 10:1	62.5mg
Ginger extract (rhizome, <i>Zingiber officinale</i>) 10:1, 20% gingerols	50mg
Sweet Fennel extract (seed, <i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>) 4:1	75mg
Cassia Cinnamon (branch bark, <i>Cinnamomum aromaticum</i>)	68.75mg
Skullcap (leaf, <i>Scutellaria lateriflora</i>)	75mg
Magnesium Albion™ di-magnesium malate, TRAACSTM magnesium bis-glycinate chelate*	37.5mg
Vitamin B6 (pyridoxal-5-phosphate)	10mg

TRAACS *Mineral chelate supplied by Albion Laboratories, Inc.
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120 vegetable capsules

Vegan. GMO, gluten, soy and dairy free.



Acute and chronic pain both involve a number of interplaying physiological mechanisms involving the nervous system, musculoskeletal system and immune system. While the most targeted pathways involve inflammation and pain receptors, smooth and skeletal muscle spasms are often involved. Clinically, there are a number of herbal preparations that can target these cramps and reduce pain.

For example, *Viburnum opulus*, more commonly known as cramp bark, is a herb that has traditionally been used to relieve all sorts of cramping, including abdominal muscle spasms and spasms associated with menstruation. *Scutellaria lateriflora*, commonly referred to as skullcap, is another traditionally used herb for its anti-spasmodic actions, yet there are many other evidence-based herbal

Key points

- Designed to relieve a variety of muscle cramps and spasms, including premenstrual cramps, musculoskeletal pains and digestive disturbances
- *Viburnum opulus* and *Scutellaria lateriflora* are both traditionally known for their potent antispasmodic abilities
- *Zingiber officinale*, *Cinnamon aromaticum* and *Foeniculum vulgare* have all been studied for their ability to improve premenstrual cramps and other menstrual symptoms
- *Zingiber officinale* is standardized to 20% gingerol content, a potent active ingredient known to inhibit inflammation
- Magnesium is delivered as an amino acid chelate for optimal stability and absorption in order to relax muscles and nervous tissue
- Vitamin B6, in its active pyridoxal-5-phosphate form, improves serotonin and GABA production in order to modulate pain perception

remedies that have shown promise for the relief of cramps and spasms. Ginger is a prime example.

Many people associate ginger with its anti-nausea capabilities, but it has actually been studied extensively in the treatment of dysmenorrhea. Multiple trials confirm that ginger can effectively reduce menstrual pain when taken for the first 3-4 days of the menstrual cycle. In fact, ginger has been shown to be as effective as various anti-inflammatory medications such as ibuprofen or as a promising adjunctive therapy to NSAID medications. Additionally, research trials have found that ginger may decrease exercise-induced muscle soreness, improve post-exercise recovery, reduce migraine severity and duration, and reduce joint pain in osteoarthritis sufferers.

Cassia cinnamon is another herb that has been studied for its ability to improve dysmenorrhea symptoms. Multiple studies have shown that cassia cinnamon is capable of reducing the severity of menstrual pain, associated nausea and vomiting, while also reducing the amount of menstrual bleeding. Similar to ginger, cinnamon has been studied head-to-head against NSAID medications and shown to be just as effective with an impressive safety profile.

Finally, *Foeniculum vulgare*, also known as sweet fennel, is not just an effective remedy for digestive concerns such as constipation and irritable bowel syndrome. Indeed, fennel's antispasmodic abilities provide these benefits, but it also has analgesic and anti-inflammatory properties

which may collectively help to explain its effectiveness in clinical trials for reducing pain in dysmenorrhea.

Cramp Matrix combines traditional antispasmodic herbal extracts such as *Viburnum opulus* and *Scutellaria lateriflora* with evidence-based herbs such as *Zingiber officinale*, *Cinnamomum aromaticum* and *Foeniculum vulgare* in high-potency extracts and standardizations. Additional nutrients such as magnesium and vitamin B6 round out the formula for muscle relaxation and neurotransmitter regulation to modulate pain perception, respectively. Magnesium is delivered as an amino acid chelate for optimal stability and absorption, while vitamin B6 is included in its active pyridoxal-5-phosphate form.

Related products

- Estro-Matrix
- Progesterone-Matrix
- I-3-C
- Vitamin-D3 Liquid
- Cal-Mag+1000IU
- GI-Soothe
- Inflammatrix
- Joint Matrix Liquid
- Mag-Matrix Liquid
- Magnesium Bis-glycinate 200mg
- Magnesium Bis-glycinate 400mg Powder
- Magnesium Malate Matrix
- Mito-Matrix
- OA-Matrix
- Relax Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, cellulose microcrystalline, maltodextrin, citric acid, silica. Capsule: hypromellose.

Indications: Cramp Matrix is a herbal formulation designed to relieve muscle cramps and spasms. It contains cramp bark, used in herbal medicine to relieve cramping, abdominal muscle spasms, and spasms associated with menstruation. It also features skullcap, traditionally used in herbal medicine to relieve restlessness, nervousness, and pain associated with menstruation, and sweet fennel, used in herbal medicine to help relieve pain associated with menstruation as well as digestive upset including bloating and flatulence.

Directions: Adults - Take 1 capsule, 4 times per day or as directed by a healthcare professional.

Duration Of Use: For use beyond 2 weeks, consult a healthcare professional.

Contraindications: Do not use this product if you are pregnant or breastfeeding. Stop use if hypersensitivity/allergy occurs.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if symptoms persist or worsen. Avoid taking with alcohol or products that increase drowsiness.

Known Adverse Reactions: Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.



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