

Mag·Taurine Matrix

A blend of magnesium bisglycinate, taurine, pyridoxal-5-phosphate and zinc bisglycinate for comprehensive support of cardiovascular tissues.

Each capsule contains:

L-Taurine	450mg
Magnesium	75mg
TRAACS® magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide)*	
Vitamin B6 (pyridoxal-5-phosphate)	25mg
Zinc (TRAACS® Zinc Bis-glycinate Chelate)*	2.5mg



90 vegetable capsules



*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.

Vegan. GMO, gluten, soy and dairy free.

Cardiovascular disease is one of the leading causes of death in Canada. It's often referred to as the "silent killer" because of its lack of symptoms during disease progression. Fortunately, a healthy diet and regular exercise are shown to reduce the risk for cardiovascular events. Specific nutrients have proven beneficial in the support of a healthy cardiovascular system.

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

Suboptimal magnesium levels create a pro-inflammatory state within the body, with negative implications for the heart, blood vessels and nerves. A number of clinical trials have determined that supplemental magnesium can help to normalize heart arrhythmias and improve other risk factors for heart disease.

Taurine is an amino acid that is unlike most others - it is not involved in protein synthesis or any structural components of the human body. Instead, taurine is found in the free form and is responsible for regulating a number of physiological functions, such as intra- and extra-cellular electrolyte balancing, membrane stabilization and even lipid digestion. It is found in extremely high concentrations in cardiac muscle.

Key points

- Magnesium is provided in the well-absorbed buffered bis-glycinate form to support cellular energy, nerve function and muscle function of the cardiovascular system
- Taurine regulates intra- and extra-cellular electrolyte balancing and membrane stabilization, ultimately providing a positive inotropic action on the heart muscles
- Pyridoxal-5-phosphate, the active form of vitamin B6, is necessary for the endogenous production of taurine. Both vitamin B6 and zinc deficiencies have been associated with higher cardiovascular risk

When it comes to heart health, specifically, **taurine** acts as an inotropic factor. It has a positive effect on the relaxation of blood vessels, both through its regulation of ion channels and intracellular calcium levels. **Taurine** has also been demonstrated to normalize arrhythmias in animals and alleviate signs and symptoms related to poor heart contractility. Finally, taurine supplementation can improve walking distance and exercise capacity in cardiac patients, and improve blood flow in diabetic individuals.

Mag-Taurine Matrix provides 75mg of buffered magnesium bis-glycinate chelate for improved absorption and tolerability, along with 450mg of taurine per capsule to support the entire cardiovascular system. Vitamin B6 in its active form, pyridoxal-5-phosphate, and zinc bisglycinate are added for additional cardiovascular support and to encourage the endogenous production of taurine.

Related products

Bio-B6

Cyto-Arginine

Cyto-Taurine

Cal-Mag + 1000IU D3 Liquid

Magnesium Bis-glycinate 200mg

Magnesium Bis-glycinate 300mg Liquid

Magnesium Bis-glycinate 400mg Powder

Magnesium Bis-glycinate 80mg

Magnesium Multi-Mineral

Peak-EPA

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate.

Capsule: hypromellose.

Indications: Helps to support cardiovascular function and maintain proper heart muscle function.

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

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