

Mag·Matrix Liquid

210mg of elemental magnesium per tablespoon in a blend of glycinate, citrate and malate. Lemon-flavoured for improved patient compliance.

Each tablespoon (15ml) contains:

Magnesium (glycinate, citrate and malate)

210mg



450ml bottle

Gluten, soy and dairy free.

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 also 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 can be helpful in cases of muscle tension, fatigue, anxiety, depression, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular disease, dementia, osteoporosis, migraines and more.

Magnesium bis-glycinate is a form of magnesium that combines one molecule of the essential mineral with 2 molecules of the inhibitory amino acid glycine. This chelated bond is advantageous as it remains stable throughout the digestive tract, it prevents magnesium from binding with other compounds and it grants access to dipeptide transport sites. Ultimately, this leads to greater absorption and tolerability in the body.

Key points

- Provides magnesium in a therapeutic blend of glycinate, citrate and malate for a well-absorbed and well-tolerated magnesium delivery
- Liquid form for variable and convenient dosing, providing 210mg of elemental magnesium per tablespoon
- Naturally lemon flavoured with xylitol and stevia

Magnesium malate is another highly bioavailable form of magnesium. Malate, also known as malic acid, is actually a substrate found in the mitochondria that is used to create ATP and it works synergistically with magnesium to improve energy and reduce pain. In fact, placebo controlled and open-label trials have confirmed that **magnesium malate** can reduce pain and tenderness in fibromyalgia sufferers.

Mag Matrix Liquid provides 210mg of elemental magnesium per tablespoon in a bioavailable blend of glycinate, malate and citrate. This magnesium blend is found in a liquid form for convenient dosing and it is naturally lemon flavoured for improved patient compliance.

Related products

Cal-Mag + D3 Liquid

Mag Sleep Matrix

Mag Bis-glycinate 300mg Liquid

Magnesium Bis-glycinate 80mg

Magnesium Bis-glycinate 200mg

Non-Medicinal Ingredients: Xanthan gum, potassium sorbate, citric acid, ascorbic acid, xylitol, stevia leaf, natural lemon flavour, beta-carotene.

Indications: Helps the body to metabolize carbohydrates, proteins and fats. Helps in tissue formation and maintaining proper muscle function.

Directions: Adults - Take 1- 2 tablespoons per day or as directed by a healthcare professional. Shake well. Refrigerate after opening.

Warnings: Do not use if safety seal is broken.

Known adverse reactions: Some people may experience diarrhea at 2 tablespoons per day.