

# Magnesium Sleep·Matrix

Improve sleep quality, sleep latency and sleep duration in your patients with a gentle, yet effective, blend of evidence-based nutrients.

Each capsule contains:

Magnesium	125 mg
TRAACS® magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide)*	
GABA (gamma-aminobutyric acid)	100 mg
Melatonin	2.5 mg



\*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.



90 Vegetable capsules

Non-GMO, gluten, soy and dairy free.

More than 1 in 3 Canadians report at least one symptom of insomnia, including difficulty falling asleep, staying asleep or early morning waking. This is problematic when we consider that inadequate sleep has been strongly linked with chronic health concerns like heart disease, impaired immunity, depression, diabetes and even low bone mineral density. **Mag Sleep·Matrix** offers a balanced formula of evidence-based nutrients to help your patients get the rest and recovery that they need to stay in optimal health.

**Magnesium** is well-known for its ability to relax skeletal and smooth muscles, making it a crucial mineral for conditions such as muscle tension, pain and hypertension. Magnesium also activates the parasympathetic nervous

## Key points

- A formula designed to target multiple factors that contribute to insomnia, leading to reduced sleep latency, less waking and improved sleep quality
- Magnesium relaxes both the musculoskeletal and nervous system, increasing GABA and blocking the excitatory NMDA receptors to improve sleep issues related to anxiety, depression and pain
- Melatonin resets the circadian rhythm and is particularly indicated for shift-workers or individuals wanting to prevent jetlag, capable of improving all sleep parameters
- GABA acts as an inhibitory neurotransmitter that reduces excitability in the nervous system and decreases the time needed to fall asleep

system, blocking NMDA receptors and activating GABA receptors, adding to its calming effects and making it a natural sleep aid for those with an overactive mind. Studies have found that supplementation can improve sleep quality, cortisol release and melatonin levels. Moreover, magnesium has been shown to be beneficial in individuals suffering from anxiety and depression, common causes of insomnia.

**Melatonin** is the body's hormone designed to regulate our circadian rhythm, the cycle that dictates when we should be awake and when we should be asleep. It is naturally produced in the pineal gland and found in various foods such as cherries and walnuts, but more importantly, it has well-established benefits as a sleep aid supplement. Clinical trials have found that melatonin can reduce the time it takes to fall asleep and improve the ability to stay asleep, increasing total sleep time and

restfulness. Melatonin is particularly indicated for individuals that do shift-work overnight or to prevent jetlag in people that travel often.

**GABA** (gamma-aminobutyric acid) is an inhibitory neurotransmitter often used to relax the mind in cases of anxiety, stress, depression and insomnia. Research has shown that GABA can reduce anxiety 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.

Collectively, **Mag Sleep-Matrix** contains 125 mg of elemental magnesium, 100 mg of pure GABA and 2.5 mg of stable melatonin per vegetarian capsule. This makes **Mag Sleep-Matrix** a gentle, yet effective, option for patients with insomnia due to stress, anxiety, circadian rhythm errors and chronic pain.

## Related products

Melo Matrix

Mag-Matrix Liquid

Mag Malate-Matrix

Magnesium Bisglycinate 200mg

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate.

Capsule: hypromellose.

**Indications:** Helps to reduce the time it takes to fall asleep. Helps re-set the body's sleep-wake cycle. Helps to temporarily promote relaxation.

**Directions:** Adults - Take 1-2 capsules before bedtime or as directed by a healthcare practitioner. Do not drive or use machinery for 5 hours after taking melatonin.

**Duration of use:** Consult a healthcare practitioner for use beyond 4 weeks or if symptoms of chronic insomnia worsen or persist continuously for more than 4 weeks.

**Contraindications:** Do not use if you are pregnant or breastfeeding.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare practitioner prior to use if you are taking anticoagulant, anticonvulsant, steroids, or blood pressure/ immunosuppressive/sedative/hypnotic/psychotropic medications, or if you have asthma, depression, diabetes/hypoglycemia, migraine, hormonal/seizure disorders, or cardiovascular/chronic kidney/immune system/liver disease. Consumption with alcohol or medications/natural health products with sedative properties is not recommended.

**Known Adverse Reactions:** Rare allergic reactions and mild gastrointestinal symptoms (nausea, vomiting, or cramping) have been known to occur – discontinue use if so.