

Mag·Taurine Matrix

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

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- 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

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 factors of heart health.

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.

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.

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 bis-glycinate are added for additional cardiovascular support and to encourage the endogenous production of taurine.

Each capsule contains

Taurine	450mg
Magnesium	75mg
(Albion™ magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide))	
Vitamin B6	25mg
(pyridoxal-5-phosphate)	
Zinc	2.5mg
(Albion™ zinc bis-glycinate chelate)	

*Albion™ and the Albion Gold Medallion



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Non-Medicinal Ingredients

Citric acid, hypromellose, magnesium stearate, microcrystalline cellulose, silica.

Recommended Use Claim

Helps to support cardiovascular function. Helps to maintain proper muscle function, including the heart muscle.

Directions of Use

Adults (19 years and older) - Take 1 capsule, 4 times per day.

Cautions and Warnings

Ask a healthcare professional before use if • you are pregnant • you are breastfeeding. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.