



Magnesium BisGlycinate buffered w/L-Taurine

90 Veggie Capsules

NPN80026983



Matrix Nutritional Series

Cardiac, Neurological & Musculo-Skeletal Support

Matrix Nutritional Series was designed as an eclectic offering for the Physica Energetics line of remedies primarily to assist in the "reactivation of the mesenchyme" (Dr. Reinhold Voll), via the nutritional complement pathways. These pathways are present in every system throughout the body and require balanced attention. In keeping with the principles of BioEnergetic Medicine, the remedies nourish and support these systems without punishing them with overstimulation or imbalancing factors, which, ultimately, is counterproductive. This approach has been carefully and respectfully designed to provide the necessary natural (organic where available), synergistic factors in proper energetic and biochemical ratios, to ensure assistance towards yielding a deep and lasting result. They are not to be confused with replacement therapy nutraceuticals that may seem to help for the moment, until the patient stops taking them or the condition is driven deeper. These remedies honour The Legacy of BioEnergetic Medicine, and are known by both patient and practitioner to be exceptionally effective.

In 2006, the World Health Organization reached consensus that a majority of the world's population is magnesium deficient. Likewise, in 1995, the Gallop Organization conducted a survey and found that 95% of adult Americans are magnesium deficient!

If magnesium is so critical to our health, why aren't doctors reporting it? The answer may be that most doctors are simply unaware that so many patients are magnesium deficient. Unfortunately, a reliable, readily available test for magnesium deficiency is lacking. Most medical laboratories are only equipped to measure magnesium contents in the blood. This method, however, doesn't tell the entire story because even if a person is very deficient in magnesium, the body keeps the blood level normal by pulling magnesium from bone and tissue cells. A person can have a major magnesium deficiency and still have normal magnesium blood levels.

After calcium, magnesium may be the most important mineral in our bodies. Magnesium regulates more than 325 enzymes in the body, the most important of which produce, transport, store and utilize energy. Many aspects of cell metabolism are regulated by magnesium, such as DNA and RNA synthesis, cell growth, and cell reproduction.

Magnesium also orchestrates the electric current that sparks through the miles of nerves in the body. Without magnesium, muscle and nerve functions are compromised and energy diminished.

We are operating with the power turned off.

Magnesium deficiency can affect virtually every organ system of the body. With regard to skeletal muscle, one may

experience twitches (in the eyelids as well!), cramps, muscle tension, muscle soreness, including back aches, neck pain, tension headaches and jaw joint (or TMJ) dysfunction. Also, one may experience chest tightness or a peculiar sensation that one can't take a deep breath. Sometimes a person may sigh a lot.

Symptoms involving impaired contraction of smooth muscles include constipation; urinary spasms; menstrual cramps; difficulty swallowing or a lump in the throat-especially provoked by eating sugar; photophobia, especially difficulty adjusting to oncoming bright headlights in the absence of eye disease; and loud noise sensitivity from stapedius muscle tension in the ear.

The high elemental magnesium content of this product should not cause loose stools or stomach upset as it is in the very stable, buffered, glycinate form.

Symptoms of the cardiovascular system include palpitations, heart arrhythmias, angina due to spasms of the coronary arteries, high blood pressure and mitral valve prolapse. Be aware that not all of the symptoms need to be present to presume magnesium deficiency but, many of them often occur together.

For example, people with mitral valve prolapse frequently have palpitations, anxiety, panic attacks and premenstrual symptoms. People with magnesium deficiency often seem to be uptight, anxious and jittery.

All muscles including the heart use calcium to tense up and magnesium to relax. Without a proper balance of magnesium the heart may suffer from an irregular beat or even go into a spasm called a heart attack. Magnesium lowers blood pressure, stabilizes irregular heart beat, enables the heart to pump a larger volume, relaxes constricted blood vessels, decreases the frequency of angina pains, keeps blood platelets from clumping together, and increases beneficial HDL cholesterol.

Ingredients (per 3 Veggie capsules):

Buffered Magnesium Glycinate Chelate (elemental)	300 mg
L-Taurine	500 mg

Magnesium bisglycinate shows absorption levels over 200% higher than other forms of magnesium.

NOTE: Magnesium glycinate yields 18% elemental Mg. To achieve a 100mg target of elemental Mg, you need approximately 550mg of the magnesium glycinate complex.

1667 mg of buffered, chelated, magnesium glycinate was compounded to yield the 300 mg of elemental magnesium.



Patient Reference

Buffered Magnesium BisGlycinate w/L-Taurine

Other general symptoms include a salt craving, both carbohydrate craving and carbohydrate intolerance, especially of chocolate, and breast tenderness. **These open the door to yet another consideration—the adrenal, thyroid, hypothalamus, anterior pituitary connection.**

In a 1992 study, researchers at the Department of Obstetrics and Gynaecology, University of Parma, found that magnesium administration was a reliable therapy for **primary dysmenorrhea** (menstrual cramps). In a 1990 study, researchers in Germany found that magnesium "had a therapeutic effect on both back pain and lower abdominal pain on the second and the third day of the cycle." In another study from Germany, 50 women suffering from primary dysmenorrhea were treated with magnesium. After a six-month period, 21 out of 25 women showed a decline of symptoms.

A link between **panic disorders, mitral valve prolapse and seizures** has been noted. All three conditions are closely linked to magnesium deficits. All of these conditions have also been linked to **connective tissue and many other chronic disorders.**

Links have also been noted between **migraines and epilepsy.** Migraines (hormonal and otherwise) are closely linked to magnesium deficiencies.

L-Taurine is a crystalline, sulphur rich, free-form amino acid. It is a soothing, inhibitory neurotransmitter and plays a major role in stabilizing the heartbeat and electrical activity of the nerves. It is also necessary for the proper functioning of the "sodium/potassium ATP-ase pump", which regulates the ion balance between the cells and the extra cellular fluid that surrounds them.

It is the main component in bile which is necessary for the body to digest fats, absorb fat soluble vitamins and stabilize cholesterol levels. **It helps balance potassium, calcium and sodium levels.**

Taurine deficiencies have been found in children with ADHD. It acts as a neurotransmitter along with serotonin and has been successfully used to treat the symptoms of ADHD in some children. Similar to ADHD, studies have shown those suffering from **epilepsy** have significantly lower levels of taurine in their blood platelets. Studies have shown daily oral doses of taurine to be effective in decreasing seizures in over 30 percent of epilepsy cases. Taurine has been successfully used to treat **high blood pressure** by stabilizing excessive fluids, which in turn, brings blood pressure back to normal levels. Taurine also depresses the sympathetic nervous system which helps relieve arterial spasms. Blood pressure lowers when the blood vessels are relaxed. In Japan, taurine is used to treat ischemic heart disease as well as certain heart arrhythmias. People who suffer from congestive heart failure are reported to have benefited from taurine therapy. **Taurine conserves potassium and calcium in the heart muscle thereby supporting its function.**

Taurine **protects the cellular membranes from being damaged by toxic compounds**, such as oxidants, bile acids, and xenobiotics.

Taurine acts as a **direct antioxidant.** It protects tissues from oxidative stress because of its ability to scavenge free radicals. It also acts as an **indirect antioxidant** by preventing the disruption of ion transport and

membrane permeability that results from oxidative damage. It protects the heart against free radical damage by its ability to stabilize the membranes.

Taurine also plays an important role in the brain. Some researchers believe that taurine can be a beneficial dietary supplement for people who suffer from bipolar disorder (manic depression).

Studies have demonstrated that taurine acting as a potent antioxidant improves Type1 diabetes mellitus, by combating the destructive effect oxygen free radicals have on the pancreas. Moreover, the second mechanism by which taurine **improves insulin resistance** is through an increase in the excretion of **cholesterol via the conversion to bile acid.** Studies have shown that even in infants, **taurine insufficiency results in reduced bile acid secretion**, reduced fat absorption and reduced liver function, all of which can be reversed by supplementing the diet with taurine.

Taurine acts by regulating the sodium & potassium concentration in the cells & the magnesium level between the cells

We have barely scratched the surface with respect to the multi-dimensional level, causal chain, applications of these two vital substances. Putting them together in a synergistically sound remedy substantially amplifies their effectiveness.

Taurine and Magnesium are perfect complements

Studies have revealed magnesium and the amino acid taurine have many interchangeable & potentiating roles.

Magnesium plays an important role in the metabolic regulation of taurine and taurine can substitute for magnesium in the presence of magnesium deficiencies. Like the neurotransmitter, GABA, taurine has a calming effect on the brain, inhibiting the excitation of nerve cells. GABA deficiencies are commonly found in children diagnosed with autism, migraines and/or ADD.

Taurine has been shown to **inhibit the excito-firing of nerve cells** and rectifies abnormal concentrations of glutamate as in MSG for example. Magnesium also blocks the excito-toxic effects of glutamate.

Both taurine and magnesium stabilize cell membranes, both exert sedative effects & inhibit the excitability of nerve cells throughout the central nervous system.

Both taurine and magnesium enhance the actions of insulin without stimulating the release of insulin itself from the pancreas. They instead enhance insulin sensitivity via the stimulation of glycogenesis, glycolysis and oxygen utilization.

Amino acids taurine and glycine are chelated to magnesium to ensure that the magnesium is absorbed as a protein rather than an ionic metal as ionic forms may compete with other factors like calcium for absorption.

Compounding magnesium and taurine as individual ingredients rather than in a magnesium taurate form allows for a higher concentration of both ingredients and greater assimilation.