

CalmX Raspberry 482 g powder

Magnesium Combination For A Healthy Stress Response.

Quantity:

- 482 g powder

Benefits:

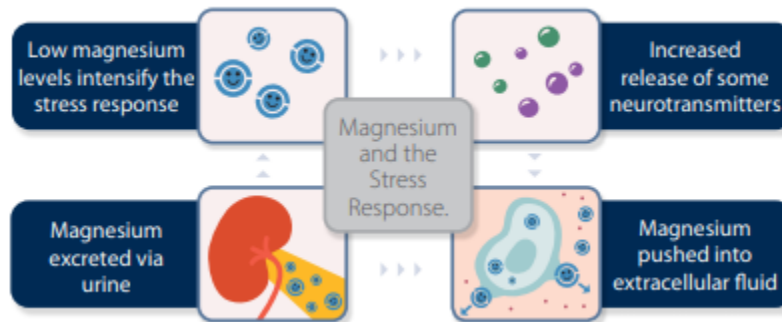
- Support a healthy stress response
- Assist metabolism and synthesis of some neurotransmitters including the calming neurotransmitter GABA2
- 350 mg Meta Mag® magnesium for extra replenishment during times of stress

Clinical Benefits

- Provides 350 mg of highly bioavailable Meta Mag® magnesium to be of benefit during stress. Magnesium, B vitamins, vitamin C and zinc are all nutrients required to be able to cope with stress effectively and may be depleted in chronic stress. The adrenergic effects of stress induce a shift of magnesium to the extracellular space, increasing urinary excretion and depleting body stores (Figure One).⁵ Magnesium deficiency adversely affects excitatory neurotransmitters such as serotonin and acetylcholine and is associated with stress.
- A double-blind, placebo controlled trial using 6 g of taurine per day investigated its impact on stress symptoms and biochemistry. This study showed taurine to inhibit the stress-induced release of adrenaline.⁸ Magnesium, B vitamins, vitamin C and zinc are required to regulate the stress response as co-factors in neurotransmitter synthesis.
- Zinc is essential in modulating the stress response. Zinc levels have been found to be deficient in people with generalised anxiety disorder. Exposure to acute stress increases

serum glycocorticoids and induces metallothionein synthesis which consequently decreases serum zinc.

Figure 1: Magnesium and the Stress Response.



Dosage:

Adults:

- Add 2 level scoops (12.7 g) to 200 mL of water, twice daily.

Warnings:

Not all cautions and contraindications are listed. For full details, references, or more information contact Metagenics in Australia on 1800 777 648 or in New Zealand on 0508 227 744.

- a. Cautions, interactions, and contraindications of using the products.
- b. Disclaimer if they are Practitioner Only products
 - i. Disclaimer: these products contain Practitioner Only products, so a consultation is warranted. If you haven't already, please schedule an appointment with me at your earliest convenience.

Price:

- 482 g powder - \$77.95

Image:



Ingredients:

Each 12.7 g dose contains:

Magnesium amino acid chelate (Meta Mag® - Magnesium bisglycinate)	3.5 g
Equivalent Magnesium	350 mg
Taurine	3 g
Glutamine	2 g
Potassium citrate	1 g
Equivalent Potassium	362 mg

Calcium ascorbate dihydrate	605 mg
Equivalent Ascorbic acid (Vitamin C)	500 mg
Thiamine hydrochloride (Vitamin B1)	25 mg
Riboflavin sodium phosphate	34 mg
Equivalent Riboflavin (Vitamin B2)	25 mg
Nicotinamide (Vitamin B3)	25 mg
Calcium pantothenate (Vitamin B5)	25 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	25 mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	50 mg

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners, flavours and preservatives. Sweetened with steviol glycosides. Contains 362 mg of potassium per dose

Excipients: Citric acid, Colloidal anhydrous silica, Flavour, Hypromellose, Malic acid, Silicon dioxide, Steviol glycosides and Tartaric acid. For more information about excipients used in this product.

Storage:

- Store below 30°C