

## Muscle Eze Advanced

Comprehensive Formula for  
Targeted Muscle Support\*

### Muscle Eze Advanced Supplementation

Muscle tissue is one of the four basic types of tissues in animals, requiring specific nutrients to function optimally. Lacking these nutrients can lead to muscles that cramp, contract involuntarily, and don't recover properly from physical activity. Muscle Eze Advanced takes the original Muscle Eze formula to the next level with a comprehensive blend of key herbal extracts and malic acid for supporting healthy muscle tissue and reducing delayed onset muscle soreness/pain.\*

For optimal quality and tolerability, Muscle Eze Advanced is a non-GMO, gluten-free, dairy-free, and vegetarian-friendly formula produced in a cGMP facility.

Muscle Eze Advanced contains key herbal extracts that help ease and relax muscle tissue. Research and clinical evidence cited herein suggests the benefits of Muscle Eze Advanced supplementation may include:

- Helps relax muscle tissue\*
- Helps reduce delayed onset muscle soreness/pain\*
- Supports healthy magnesium and calcium status\*
- Supports calmness\*

### How Muscle Eze Advanced Works

Muscle Eze Advanced is meticulously formulated with highly bioavailable minerals, malic acid, and herbal extracts that help relax and ease muscle function.\*

#### Magnesium & Calcium

Magnesium and calcium are essential minerals that work in conjunction to support bone mineralization, protein building, muscular contraction, nerve impulse transmission, and immunity.\*<sup>1</sup> The typical Western diet lacks both of the minerals, which can lead to various health issues such as muscle weakness, constipation, twitching, and cramps.

Muscle Eze Advanced includes highly bioavailable forms of these two muscle-supporting minerals to support healthy magnesium and calcium status.\*<sup>2,3</sup> This means more of the magnesium and calcium in Muscle Eze Advanced actually gets absorbed by the body, thereby helping promote healthy muscle function and integrity.\*



## How Muscle Eze Advanced Works Continued

### Malic Acid

Malic acid is an organic substance that gives fruits and vegetables a tart or sour taste (being especially abundant in unripe apples). It is a key intermediate in many biochemical processes and is also necessary for energy production in muscle tissue. Research suggests that malic acid has synergy with magnesium for supporting muscular function.<sup>♦4</sup>

### Herbal Extracts: Passion Flower, Hops, Valerian, & Lemon Balm

Muscle Eze Advanced contains high-potency extracts of lemon balm (*Melissa officinalis*), passion flower (*Passiflora incarnata*), hops (*Humulus lupulus*), and valerian (*Valeriana officinalis*). These herbal extracts provide a vast array of phytonutrients, such as gymnemic acids, valeric acids, and iso-alpha acids, which are thought to contribute to their antispasmodic properties in muscles.<sup>5,6</sup> Passion flower and valerian also support the healthy production of GABA, a crucial neurotransmitter for supporting healthy stress and muscle function.<sup>♦7,8</sup>

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 40

	Amount Per Serving	%DV*
Calcium (as calcium lactate)	75 mg	6%
Magnesium (as magnesium citrate)	150 mg	36%
Lemon Balm Extract (aerial parts; <i>Melissa officinalis</i> )	150 mg	**
Malic Acid	100 mg	**
Passion Flower Extract (whole herb; <i>Passiflora incarnata</i> )	60 mg	**
Hops Extract 10:1 (flower; <i>Humulus lupulus</i> )	60 mg	**
Valerian Extract (root; <i>Valeriana officinalis</i> ; standardized to 0.8% valerenic acid)	30 mg	**

**Other Ingredients:** Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica.

**Directions:** Adults take three capsules daily as a dietary supplement or as directed by your healthcare practitioner.

**Caution:** If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Use with caution when driving or operating machinery; may cause drowsiness. Keep out of reach of children.

### References:

- Maathuis, F. J. (2009). Physiological functions of mineral macronutrients. *Current opinion in plant biology*, 12(3), 250-258.
- Lindberg, J. S., Zobitz, M. M., Poindexter, J. R., & Pak, C. Y. (1990). Magnesium bioavailability from magnesium citrate and magnesium oxide. *Journal of the American College of Nutrition*, 9(1), 48-55.
- Camara-Martos, F., & Amaro-Lopez, M. A. (2002). Influence of dietary factors on calcium bioavailability. *Biological trace element research*, 89(1), 43-52.
- Russell, I. J., Michalek, J. E., Flechas, J. D., & Abraham, G. E. (1995). Treatment of fibromyalgia syndrome with Super Malic: a randomized, double-blind, placebo controlled, crossover pilot study. *The Journal of Rheumatology*, 22(5), 953-958.
- Vaidya, S. (2011). Review on gymnema: an herbal medicine for diabetes management. *Pharmacia*, 1(2), 37-42.
- Bland, J. S., Minich, D., Lerman, R., Darland, G., Lamb, J., Tripp, M., & Grayson, N. (2015). Isohumulones from hops (*Humulus lupulus*) and their potential role in medical nutrition therapy. *PharmaNutrition*, 3(2), 46-52.
- Dicpinigaitis, P. V., & Dobkin, J. B. (1997). Antitussive effect of the GABA-agonist baclofen. *Chest*, 111(4), 996-999.
- Houghton, P. J. (1999). The scientific basis for the reputed activity of Valerian. *Journal of Pharmacy and Pharmacology*, 51(5), 505-512.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)