



Muscle-Aid

Serving Size 1 tsp (4.5 g)
Servings Per Container 30

	Amount Per Serving
Calories	5
Vitamin E (D-alpha tocopheryl acetate)	100 IU
Thiamin (mononitrate)	25 mg
Niacin (niacinamide)	20 mg
Vitamin B6 (pyridoxine HCl, pyridoxal 5'-phosphate)	50 mg
Folate (folic acid)	150 mcg
Vitamin B12 (cyanocobalamin)	20 mcg
Calcium (dicalcium phosphate)	18 mg
Phosphorus (potassium phosphate, dicalcium phosphate)	70 mg
Magnesium (glycinate)	280 mg
Selenium (sodium selenite)	25 mcg
Molybdenum (sodium molybdate)	60 mcg
Potassium (phosphate, aspartate)	200 mg
Malic acid	900 mg
L-glutamine	500 mg
L-tyrosine	500 mg
L-carnitine	50 mg
Stevia leaf extract	25 mg

OTHER INGREDIENTS: Inulin, natural orange flavor. Contains soy.

SUGGESTED USE: As a dietary supplement, add 1 heaping teaspoon (4.5 g) to 3-6 fl. oz. of water, juice or to any food two times per day or as directed by your healthcare professional.

REFERENCES:

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MUSCLE-AID

NUTRITIONAL SUPPORT TO RELIEVE STRESS IN TIRED MUSCLES AND IMPROVE CELLULAR ENERGY*

- Helps control muscle spasms*
- Helps alleviate cramping*
- Supports cardiovascular health*
- Reduces myalgias and other pains*

MUSCLE-AID is a mineral amino acid chelate and vitamin beverage including malic acid, L-tyrosine, L-glutamine, L-carnitine, and selenium for optimizing energy support.*

MAGNESIUM is a cofactor in over 300 enzymatic reactions in human physiology. It participates in neuromuscular activity, including excitation-contraction coupling, and energy production through carbohydrate metabolism.*

MALIC ACID plays an important role in the production of energy (ATP) within the mitochondria in both aerobic and anaerobic conditions and it facilitates the delivery of lactic acid into the Krebs Cycle, which helps clear lactic acid and prevents its build up. Some research has reported that malic acid in combination with magnesium is beneficial for individuals with fibromyalgia.*

SELENIUM participates as a cofactor in glutathione peroxidase, an important antioxidant enzyme, and potentiates the antioxidant effects of vitamin E.*

L-GLUTAMINE restores nitrogen balance, increases glycogen synthesis, and promotes protein synthesis and muscle growth. It is the primary source of energy for cells lining the gastrointestinal tract.*

POTASSIUM is the most common intracellular nutrient, and participates in transmembrane ionic shifts, contributing to neuronal transmission and muscle cell depolarization. The potassium ion is essential to normal cardiac impulse generation and conduction.*

*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.

REFERENCES:

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MUSCLE-AID

CALCIUM'S physiologic role includes coupling of excitation-contraction within muscle cells, generation of transmembrane action potentials in cardiac pacemaker and conducting fibers, and transmission of impulses by nerve fibers.*

VITAMIN E'S primary physiologic function is to prevent free radical oxidation damage, including lipid peroxidation. This activity protects normal cellular structure and function.*

L-TAURINE functions as an inhibitory neurotransmitter, potentially limiting aberrant neuronal discharges, and may assist in the regulation of cardiac conduction and contractility.*

THIAMIN participates in enzymatic reactions central to energy production, including decarboxylation and transketolation.*

NIACIN is a component of the coenzymes NAD and NADP, which play an important role in many oxidation-reduction reactions, including those involved in carbohydrate and fat metabolism via the Krebs cycle.*

VITAMIN B12 is required for the synthesis of myelin and is important to maintain the function of nerve cells.*

FOLIC ACID is required for the proper functioning of neuronal cells. Symbiotic nutrients such as molybdenum L-carnitine, L-aurine, vitamin B6, vitamin B12, and folic acid are included to improve cellular uptake.*

PRECAUTIONS: Single doses of magnesium greater than 1000 mg may cause diarrhea. Use with caution in renal impairment disease due to potassium content. Please consult with your health care practitioner before taking this product.