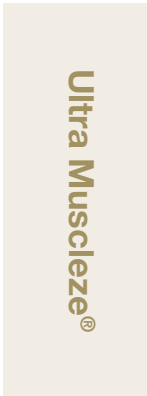


Ultra MuscZeze®

Advanced Magnesium Blend



Ingredients

Each 6 g dose contains:

| | |
|---|----------|
| Magnesium (as magnesium amino acid chelate – UltraMag®) | 244 mg |
| Magnesium (as heavy magnesium oxide) | 36.2 mg |
| Glutamine | 500 mg |
| Taurine | 500 mg |
| Levocarnitine tartrate | 75 mg |
| equiv. to levocarnitine | 51.15 mg |
| d-alpha-tocopheryl acid succinate | 66.1 mg |
| equiv. to vitamin E | 80 IU |
| Thiamine hydrochloride (vitamin B1) | 25 mg |
| Riboflavin (vitamin B2) | 5 mg |
| Nicotinamide (vitamin B3) | 20 mg |



1 serve = 6 g

| | |
|---|----------------|
| Calcium pantothenate | 27.29 mg |
| equiv. to pantothenic acid (vitamin B5) | 25 mg |
| equiv. to calcium | 2.29 mg |
| Pyridoxine hydrochloride | 50 mg |
| equiv. to pyridoxine (vitamin B6) | 41.1 mg |
| Folic acid | 150 micrograms |
| Cyanocobalamin (vitamin B12) | 18 micrograms |
| Calcium (as calcium hydrogen phosphate dihydrate) | 8.29 mg |
| Molybdenum (as molybdenum trioxide) | 60 micrograms |
| Potassium (as potassium aspartate) | 10.5 mg |
| Selenium (as selenomethionine) | 24 micrograms |
| Sodium (as dibasic sodium phosphate) | 1.3 mg |

Size: 180 g and 360 g **Dose: Adults:** Take 6 g (1 level scoop) once a day, or as professionally prescribed. Only use the scoop provided. Mix in 100 mL–200 mL of water or juice and consume immediately.

Features

- Ultra MuscZeze® may assist in the prevention of magnesium deficiency when dietary intake is inadequate.
- Magnesium supports healthy bone development and growth.
- Magnesium supports healthy muscle contraction function and relaxation.
- Magnesium and B vitamins (B1, B2, B3, B5, B6, B12) support energy levels.
- B vitamins (B1, B5, B6, B9, B12) can contribute to a reduction of tiredness and fatigue.
- Magnesium and B vitamins (B1, B2, B3, B5, B6, B12) support nervous system function.
- Through its role in ion transport between cell membranes, magnesium is intrinsic to the healthy conduction of nerves, muscle contraction and healthy cardiovascular system function.
- Vitamin B5 supports a healthy stress response in the body.
- Vegan, orange flavoured oral powder.





Education

UltraMag® Magnesium

UltraMag® is a specialised blend containing Albion™ TRAACS™ readily bioavailable magnesium amino acid chelates.¹ Albion scientists have bonded magnesium with amino acids, which the body is able to recognise and absorb.¹⁻² The Real Amino Acid Chelate System (TRAACS™) products are created through Albion's scientific process that turns elemental mineral forms into organic chelates that are readily absorbed and well tolerated.^{1,3-4}

Magnesium and muscles

Magnesium has well-known effects on muscles – relieving the cramps and mild muscle spasms associated with insufficient magnesium intake and facilitating muscle relaxation.⁵

Magnesium ions (Mg^{2+}) influence the function of skeletal muscles as antagonists of calcium ions (Ca^{2+}) on Ca^{2+} -permeable channels and binding proteins. Muscle contraction is highly dependent on Ca^{2+} release from the sarcoplasmic reticulum. Contraction occurs when Ca^{2+} binds to troponin C and myosin, initiating changes to these proteins. Mg^{2+} and Ca^{2+} compete

for binding sites on troponin C and myosin proteins. In a resting state, Mg^{2+} concentrations are 10,000 times higher in muscles cells than Ca^{2+} , resulting in a greater occupation of Ca^{2+} binding sites by Mg^{2+} . However, once Ca^{2+} is released from the sarcoplasmic reticulum, it will replace Mg^{2+} . In magnesium deficient conditions, far less Ca^{2+} is required to displace Mg^{2+} from those binding sites, leading to hypercontractibility and the clinical presentation of muscle cramps and mild muscle spasms.⁶

Magnesium and energy production

Magnesium plays an important role in ATP production and utilisation. Every ATP molecule binds to a magnesium ion as the majority of ATP is present as Mg-ATP complexes within the cell. Magnesium is also involved in the regulation of several enzymes of the citric acid cycle, such as isocitrate dehydrogenase. Furthermore, Mg-ATP complexes in the mitochondria assist in moving ATP into cytosol, therefore delivering energy within the cell.⁷

References

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4. Schuette et al. Bioavailability of magnesium diglycinate vs magnesium oxide in patients with ileal resection. Journal of Parenteral and Enteral Nutrition. 1994;18(5):430-435.
5. Braun L, Cohen M. Herbs and natural supplements: an evidence-based guide, 3rd ed, 2010. Sydney: Churchill-Livingstone Elsevier.
6. de Baaij JH, Hoenderop JG, Bindels RJ. Magnesium in man: implications for health and disease. Physiol Rev. 2015 Jan;95(1):1-46. doi: 10.1152/physrev.00012.2014.
7. Tardy AL, Pouteau E, Marquez D, Yilmaz C, Scholey A. Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence. *Nutrients*. 2020;12(1):228. Published 2020 Jan 16. doi:10.3390/nu12010228

Warnings

- If symptoms persist, talk to your health professional.
- Vitamin and mineral supplements should not replace a balanced diet.
- If you are pregnant or breastfeeding, talk to your health professional before use.
- Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible [contains vitamin B6].
- This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- Contains sulfites.
- Use within 3 months of opening.

Prescribing information

For comprehensive prescribing information and drug-nutrient interactions involving ingredients contained within this product, please see the BioCeuticals website: www.bioceuticals.com.au



UltraMag® is a proprietary BioCeuticals® blend of highly bioavailable magnesium chelates, including Albion™ TRAACS™ magnesium lysinate glycinate.