



# Muscle Eze Advanced

Comprehensive Formula for Targeted Muscle Support\*

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.

## 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.

For supporting healthy magnesium and calcium status, Muscle Eze Advanced includes highly bioavailable forms of these two muscle-supporting minerals.\*<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.\*

### Malic Acid

Malic acid is an organic substance responsible for giving fruits and vegetables a tart or sour taste (being especially abundant in unripe apples). It is a key intermediate in many biochemical processes and 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 healthy production of GABA—a crucial neurotransmitter for supporting healthy stress and muscle function.\*<sup>7,8</sup>

## Muscle Eze Advanced Supplementation

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\*



Form: 120 Capsules

Serving Size: 3 Capsules

Ingredients	Amount	%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 [standardized to 0.8% valerenic acid (root; <i>Valeriana officinalis</i> )]	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.**



\* 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

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

## References:

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7. Dicipinigaitis, P. V., & Dobkin, J. B. (1997). Antitussive effect of the GABA-agonist baclofen. *Chest*, 111(4), 996-999.
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