



Muscle Eze

Targeted Formula for Supporting and Relaxing Healthy Muscle Tissue*

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. This is where NutriDyn Muscle Eze comes in—a targeted formula for supporting healthy muscle tissue and promoting relaxation.*

For optimal quality and tolerability, Muscle Eze is a non-GMO, gluten-free, dairy-free, and vegetarian-friendly formula produced in a cGMP facility. Read on to learn how the ingredients in this unique formula work and how they can help you feel more at ease.

How Muscle Eze Works

Muscle Eze is a carefully crafted formula featuring highly bioavailable minerals, amino acids, and herbal extracts for relaxing and calming healthy muscle function. These nutrients work synergistically to fight muscle cramps, ease stress, and support healthy neuromuscular 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.*¹ 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 includes highly bioavailable forms of these two muscle-supporting minerals.*^{2,3} This means more of the magnesium and calcium in Muscle Eze actually gets absorbed by the body, thereby helping promote healthy muscle function and integrity.*

L-Theanine

L-theanine is a non-dietary amino acid and one of the major constituents of green tea leaves. This amino acid is renowned for its GABAergic properties, thereby supporting relaxation throughout the nervous system and helping ease stress.*⁴

Passion Flower Extract

Muscle Eze is rounded out with a high-potency extract of passion flower (*Passiflora incarnata*), an herbal ingredient with an array of flavonoids and amino acids that work in similar fashion to L-theanine by supporting healthy GABA production.*⁵ GABA is a crucial neurotransmitter for promoting healthy stress and muscle function.*⁶

Muscle Eze Supplementation

Muscle Eze helps nourish muscle tissue and the nervous system with key nutrients that support healthy muscle function and integrity.* Research and clinical evidence cited herein suggests the benefits of Muscle Eze supplementation may include:

- Helps relax and ease muscle tissue*
- Promotes healthy muscle cell function*
- Supports healthy magnesium and calcium status*
- Supports calmness*



Form: 90 Capsules

Serving Size: 3 Capsules

Ingredients	Amount	%DV
Calcium (as calcium lactate)	100 mg	8%
Magnesium (as magnesium citrate)	200 mg	48%
L-Theanine	50 mg	**
Passion Flower Extract (whole herb; <i>Passiflora incarnata</i>)	40 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.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

* 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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3. Camara-Martos, F., & Amaro-Lopez, M. A. (2002). Influence of dietary factors on calcium bioavailability. *Biological trace element research*, 89(1), 43-52.
4. Nathan, P. J., Lu, K., Gray, M., & Oliver, C. (2006). The neuropharmacology of L-theanine (N-ethyl-L-glutamine) a possible neuroprotective and cognitive enhancing agent. *Journal of Herbal Pharmacotherapy*, 6(2), 21-30.
5. Elsas, S. M., Rossi, D. J., Raber, J., White, G., Seeley, C. A., Gregory, W. L., ... & Soumyanath, A. (2010). Passiflora incarnata L. (Passionflower) extracts elicit GABA currents in hippocampal neurons in vitro, and show anxiogenic and anticonvulsant effects in vivo, varying with extraction method. *Phytomedicine*, 17(12), 940-949.
6. Dicipinigitis, P. V., & Dobkin, J. B. (1997). Antitussive effect of the GABA-agonist baclofen. *Chest*, 111(4), 996-999.