

MyoCalm®

Muscle Relaxation Formula



MyoCalm is a specialized formula that supplies bioavailable forms of calcium and magnesium that play a role in muscle contraction and relaxation. These minerals are blended with passionflower and valerian for added relaxation support.

Patient benefits:

- Features important minerals involved in muscular contraction and relaxation responses
- May help relieve minor muscle pain associated with stress or physical exertion, and may prevent nocturnal leg muscle cramps
- Features extracts of passionflower and valerian for added relaxation support

Label & Supplement Facts

Ingredient	Amount	Daily Value
Calcium (as calcium lactate)	50 mg	5%
Magnesium (as magnesium citrate)	100 mg	25%
Passionflower (<i>Passiflora incarnata</i>) Flower 5.5:1 Extract	40 mg	*
Valerian (<i>Valeriana officinalis</i>) Root Extract	20 mg	*

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

Directions: Take two tablets up to three times daily or as directed by your healthcare practitioner.

This product is gluten free and vegetarian.

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

Storage: Keep tightly closed in a cool, dry place. Do not refrigerate.

Formulated to Exclude: Wheat, gluten, soy, dairy products, egg, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

Metagenics' **MyoCalm** contains a powerful and effective formula that delivers highly bioavailable versions of calcium and magnesium, along with potent herbs that support healthy muscle functioning. In addition, this beneficial supplement provides some of the most important minerals for muscle contraction and enhanced relaxation.

The human body utilizes **calcium** in preserving healthy and strong teeth and bones. Calcium is also involved in nerve signaling, proper heart function, muscle contraction, and relaxation. Treatment with a calcium supplement such as MyoCalm helps boost your levels of calcium, and may also help in preventing or treating health conditions such as high blood pressure, osteoporosis, rickets, premenstrual syndrome (PMS), high cholesterol, obesity, and hypoparathyroidism (the latter of which is a condition characterized by abnormally low levels of the parathyroid hormone). Additional clinical research into the value of calcium for human health—and the potential value of calcium supplements—is ongoing.

Meanwhile, **magnesium** is found in each and every cell in the human body. The crucial mineral plays a role in more than 300 enzymatic processes, including the production of energy that allows you to power through your day. Magnesium is also essential to preserving bone density, normal cardiac rhythm and pulmonary function, and regulating blood glucose. Magnesium supplementation seems to provide significant, useful support in preventing bones from becoming weak and susceptible to osteoporosis.

In addition, the other essential nutrients in MyoCalm tablets by Metagenics have shown some effectiveness in providing relief from minor muscle cramp pain that's related to either stress or overexertion. **Passionflower and valerian extracts** are also included in the formula due to their proven ability to promote relaxation.

This nutritional supplement is free of artificial colors, dairy, gluten, nuts, preservatives, soy, and gluten. MyoCalm is also perfect for those following a vegetarian diet.

Metagenics creates innovative supplements that help people overcome the symptoms of chronic diseases and maintain their health. Quality and research is paramount, and has been since the company was founded in 1983. All active ingredients in Metagenics products have been demonstrated effective by third-party scientists. Its formulas have been imitated but never duplicated.