

blood flow. One animal study found Dong quai to significantly increase endurance swimming time and to promote healthy blood sugar, lactate, ammonia and creatine kinase levels in mice (a primary indicator of proper cellular energy function). Dong quai also improved exercise performance and eased exercise induced fatigue in mice.⁷

Vitamin B₆†

Vitamin B₆ is required to convert glutamic acid to GABA in the body. Vitamin B₆ is also a cofactor in many cellular biochemical reactions, including the release of glucose from glycogen and that of amino acid metabolism, including transamination, deamination and decarboxylation. Vitamin B₆ is involved in the electron transport system during ATP production and requires magnesium to become biologically active. The vitamin also supports the use of magnesium within the cell.⁸ It is a key factor in methylation pathway, which is integral in many biochemical processes involving detoxification and cardiovascular, neurological, muscle and bone health. Effective methylation plays a role in the biosynthesis and breakdown of catecholamines and is important in maintaining a positive mental outlook and supporting adrenal health.

Magnesium†

Magnesium, the fourth most abundant mineral in the body, participates in about 300-350 enzymatic reactions in nearly all tissues. Deficiency is common and results from poor dietary intake, poor absorption and excessive losses through urine, stool and perspiration. The mineral is very important for regulating the influx of calcium into the muscle cells. When magnesium is depleted, calcium can remain in the muscle cell area longer, causing muscles to cramp. In a four-week, double-blind, randomized, placebo-controlled trial of 86 healthy pregnant women, at 14-34 weeks gestation, 41 were given 300 mg magnesium chelate and 39 women were given placebo. They found a 50% reduction of muscle cramp frequency in the magnesium group.⁹

Directions

1-2 capsules three times per day or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

Do not consume this product if you are pregnant or nursing.

V2		
Supplement Facts		
Serving Size 2 Capsules		
Servings Per Container 30		
2 capsules contain	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	40 mg	44%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,941%
Magnesium (as DiMagnesium Malate)	15 mg	4%
Gamma Aminobutyric Acid (GABA)	250 mg	*
Glycine USP	225 mg	*
Cramp Bark	200 mg	*
Dong Quai Root Extract (Standardized to contain 1% Ligustilide)	150 mg	*
* Daily Value not established		



† 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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