designs for health® Australia

Tri-Mag Restful Night

Contains a customised blend of 3 sources of magnesium, plus affron® – a clinically studied Saffron extract to promote a deep and refreshing sleep and support muscle relaxation

Oral Powder

OVERVIEW

- Contains a unique and specific blend of three magnesium salts for optimal sleep support – bisglycinate, glycerophosphate and citrate
- Utilises affron®, a standardised extract of *Crocus sativa* clinically studied in subjects reporting poor sleep. Affron® also supports healthy mood balance and emotional wellbeing
- Each 7 gm serve contains 3.9 gm glycine
- Contains *Passiflora incarnata* and *Eschscholzia californica* both Traditionally used in Western Herbal Medicine to relieve sleeplessness and restlessness
- Comes in either Chocolate or Lemon Lemonade flavours to suit a range of palates

Active Ingredients (per 7 g dose)

Magnesium glycinate	1.1 g
Equiv. Magnesium	150 mg
Contains Glycine	920 mg
Magnesium glycerophosphate	909.4 mg
Equiv. Magnesium	100 mg
Magnesium citrate	309.3 mg
Equiv. Magnesium	50 mg
Total Magnesium	**300 mg**
Glycine	3 g
Total Glycine	**3.92 g**
Crocus sativus (affron®) ext. dry conc.	28 mg
From min dry stigma	84 mg
Eschscholzia californica ext. dry conc.	100 mg
Equiv. dry herb top/flower	1.5 g
Passiflora incarnata ext. dry conc.	30 mg
Equiv. dry flower	3 g

BENEFITS TO YOUR PATIENT

- Improvements to sleep quality
- A more refreshing sleep
- Steady maintenance of emotional wellbeing and mood balance
- Nutritional support for a healthy nervous system

Pack Size	210 g
Servings Per Pack	30 serves

Excipients

Acacia, citric acid, colloidal anhydrous silica, natural vanilla and chocolate powder, natural lemon powder, lemon lemonade powder, maltodextrin, stevia rebaudiana

Directions for Use

Adults, mix 7 g (one level scoop) of the chocolate flavoured powder into 200 mls of water or your preferred milk and consume immediately. Take the Lemon Lemonade powder with 200 mls water and consume immediately.
Take once daily an hour before bed or as directed by your healthcare professional.

Allergen Information

No added: dairy, lactose, nuts, gluten or soy.

Warnings

Vitamin and/or mineral supplements should not replace a balanced diet.
If symptoms persist, talk to your health professional.
Not to be used during pregnancy and/or breastfeeding.
Contains sulfites and phenylalanine.

Vegan Friendly

No Added Gluten

No Added Soy

No Added Dairy

No Added Nuts

FOR PROFESSIONAL REFERENCE ONLY

EDUCATION

Magnesium

Magnesium is one of the most ubiquitous and essential minerals in the body. It is a critical nutrient in almost every cellular metabolic and biological process, with enzyme databases listing over 600 enzymes that use magnesium as a co-factor and a further 200 being directly activated by magnesium.[1]

As a natural calcium channel blocker, muscle relaxant, facilitator of calming effects upon the nervous system, and a required element for electrolyte balance and proper functioning of sodium-potassium ATPase pumps, magnesium plays a crucial role in supporting, muscle contraction and relaxation, neurological health, neurotransmission and psychological balance.[2,3,4,5]

Skeletal muscle & nervous system function

Magnesium is a critical regulator of the activity rate of the Sodium-Potassium ATPase pump (Na+, K+- ATPase pump) which is required for removal of sodium from inside the cell in exchange for potassium.[6] This makes Magnesium vital for maintaining the electrical potential of skeletal muscles and nerves, and for neurotransmission across neuromuscular junctions.

As well as moderating the function and activity of the Na+, K+- ATPase pump, subsequently affecting both contraction and relaxation phases of muscle movement, magnesium also contributes to skeletal muscle function by facilitating oxygen utilisation, ATP production and electrolyte balance.[10]

In the nervous system, Magnesium is vital for neurotransmitter binding and subsequent transmission. Magnesium can cross the blood brain barrier and acts as a calcium antagonist at neuromuscular junctions, affecting NMDA receptors. It also agonises GABA receptors thereby having an overall calming effect on the nervous system.[1,7,8,9,11]

Magnesium absorption is seen as a challenge as various factors such as solubility, gastric pH, the formation of a hydration shell and transport can influence magnesium bioavailability. Organic forms such as citrates, amino acid chelates, glycinates, aspartates and glycerophosphates tend to have the most optimal bioavailability profiles.[12,13,14]

Saffron

Saffron is a herb that has been used for thousands of years for its effects on inflammation and the nervous system.[3] Saffron contains three main constituents that show the most biological activity, and they are known collectively as “lepticrosalides”. They include crocin, picrocrocin and safranal.[15]

Modern investigations have confirmed Saffron’s traditional uses, particularly its effects on mood and sleep.

The ability of Saffron to improve sleep quality is thought to be brought about by mechanisms relating to its possible influence over melatonin production,[17] improvements in delta powdered sleep phases and non-rapid eye movement sleep.[19] Moreover, the general calming effects that Saffron brings to the nervous system may also contribute to its ability to promote a more refreshing sleep.[19]

Driving Saffron’s effects on emotional wellbeing and mood balance are its serotonergic, anti-inflammatory, antioxidant, neuro-endocrine (dampens HPA response to stress), neuroprotective and soporific activity.[16,17,18,19,20] Saffron’s constituents can interact with the cholinergic, glutamatergic and GABA systems, whilst increasing cAMP response element binding protein (CREB) and brain derived neurotropic factor (BDNF) providing neuroprotective effects.[16]

References supplied on request.