



**Nutritional support for general muscle tension, minor muscle cramps from exercise, and nighttime leg cramps**

#### APPLICATIONS / BENEFITS

- Helps relax muscles tense from daily stress
- Soothes muscles overworked by athletic activity
- Lessens nighttime muscle leg cramps
- Promotes relaxation for a good night's sleep
- Supports balanced electrolytes

#### OVERVIEW

**Patient One MuscleCare™** supplies three key electrolytes for maintaining healthy muscle contractile function, along with soothing botanical extracts of Valerian root, White willow bark and Passion flower to ease occasional muscle tension. This formula provides effective support to help reduce troublesome nighttime or exercise-related leg muscle cramps, minor muscle cramps associated with athletic activity, and overall muscle tension.

#### KEY INGREDIENTS

Cramps can sometimes occur due to decreased amounts of important minerals. MuscleCare can help replace electrolytes lost through perspiration or as a result of diet insufficiency. Magnesium, calcium and potassium are, among other important roles, essential for supporting proper function of the muscles and nerves.

MuscleCare supplies a synergistic blend of herbal extracts including Valerian root, White willow, and Passion flower that promote overall relaxation in the body, moderate occasional stress and help to relieve the discomfort of tense, tight, or overworked muscles.

**Passion flower** is used as a calmative, anti-spasmodic and works by increasing levels of gamma-amino butyric acid (GABA) in the brain. GABA lowers the activity of some brain cells, resulting in relaxation.

**White willow bark** has been used for thousands of years to support the body in naturally relieving discomfort. The bark of white willow contains salicin, a chemical similar to aspirin (acetylsalicylic acid). It helps support eicosanoid and cytokine balance and is responsible for the and anti-inflammatory effects of MuscleCare.

**Valerian root** has a long history of use as a nerve sedative and muscle relaxant, helping to promote relaxation, decrease occasional anxiousness and tension, and enhance sleep. Along with passion flower, it acts to calm and relax the central nervous system.

#### RESEARCH

- In several clinical trials, magnesium supported leg muscle comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness.

## REFERENCES

1. Chayanis Supakatisant and Vorapong Phupong. Oral magnesium for relief in pregnancy-induced leg cramps: a randomised controlled trial. *Maternal & Child Nutrition* (2012) pp.1-7)
2. Fiebich BL, Appel K. Anti-inflammatory effects of willow bark extract. *Clin Pharmacol Ther.* 2003 Jul;74(1):96; author reply 96-7. [PMID: 12844141]
3. Singh AP. Salicin-A natural analgesic. *Ethnobotanical Leaflets.* 2003;1:1-4. <http://opensiuc.lib.siu.edu/eb/vol2003/iss1/8>.
4. Natural Standard Database. Willow Bark (*Salix* Spp.). Somerville, MA: Natural Standard; 2012. <http://naturalstandard.com/databases/herbs/supplements/willowbark.asp#undefined>.

## Supplement Facts

**Serving Size:** 2 Capsules

**Servings Per Container:** 15, 45 or 90

Amount Per Serving		% DV*
Calcium (as Calcium Citrate)	45 mg	3%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate Buffered – Magnesium Bisglycinate Chelate, Magnesium Oxide, Magnesium Citrate)	100 mg	24%
Potassium (as Potassium Citrate)	50 mg	1%
Valerian Extract ( <i>Valeriana officinales</i> ) (roots) [Standardized for 0.8% valerenic acids]	100 mg	**
White Willow Extract ( <i>Salix alba</i> L.) (bark) [Standardized for 15% total Salicin]	100 mg	**
Passion Flower Extract ( <i>Passiflora incarnata</i> ) (aerial parts) [Standardized for > 3.5% flavonoids as Isovitexin]	100 mg	**

\* Daily Values based on 2,000 calorie diet. \*\* Daily Value not established

**Other Ingredients:** rice flour, vegetable cellulose (capsule), leucine

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 2 capsules daily, preferably with a meal. May take up to 8 capsules daily in divided doses, as needed. Store in a cool, dry place.

**Caution:** Avoid if allergic to aspirin. If pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.** Use only if safety seal is intact.

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(631) 390-9669 [info@patientoneformulas.com](mailto:info@patientoneformulas.com) [patientoneformulas.com](http://patientoneformulas.com)

415 Oser Avenue, Suite Q1, Hauppauge, NY 11788

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