

FibroPlex (metagenics) Muscle relaxant

Clinical Benefits

- **Fibroplex Plus may assist the symptoms of fibromyalgia and in the relief of muscular pain:**⁶ Scientific analysis indicates compromised muscle energy metabolism and decreased ATP production in tender points are present in fibromyalgia.⁷ Magnesium is involved in the production of ATP in the mitochondria to support energy production.³ A daily dose of 600 mg of magnesium has been shown to assist in the management and symptomatic relief of fibromyalgia, including symptoms such as pain and tenderness.¹ Subjects reported a significant improvement in fibromyalgia pain within 48 hours of magnesium supplementation.⁸
- **Muscle relaxation, cramps and spasm relief:** Two mechanisms by which magnesium may induce muscle relaxation are; a suppression of the excitability of the muscle fibre membrane via acetyl choline inhibition and transportation of calcium out of the muscle fibre to inhibit muscle contraction and allow relaxation.⁹
- **Migraines:** Magnesium supplementation at a dose of 600 mg per day has been clinically shown to significantly decrease migraine frequency by 41.6% compared to the placebo group of 15.8%.¹⁰ Magnesium is involved in the control of NMDA glutamate receptors which regulate cerebral blood flow and play a role in pain transmission within the nervous system.¹¹
- Ingredients

Directions

Adults: Add 1 scoop (7.0 g) to 200 mL of water or juice twice daily.

Each 7.0 g dose contains:

Magnesium amino acid chelate	3g
(Meta Mag [®] - Magnesium bisglycinate)	
Equivalent Magnesium	300mg
Taurine	600mg
Glutamine	500mg
Ascorbic acid (Vitamin C)	300mg
Calcium hydrogen phosphate	269mg
Equivalent Calcium	63mg
Potassium phosphate – monobasic	182mg
Equivalent Potassium	52mg
Acetyl levocarnitine hydrochloride	118mg
(N-Acetyl-Carnitine)	

Pyridoxine hydrochloride (Vitamin B6)	50mg
Nicotinamide (Vitamin B3)	50mg
Thiamine hydrochloride (Vitamin B1)	30mg
Riboflavin (Vitamin B2)	1.9mg
Chromium nicotinate	250ug
Equivalent Chromium	25ug
Cyanocobalamin (Vitamin B12)	150ug
Selenomethionine	62.5ug
Equivalent Selenium	26ug

µg = micrograms

- Excipients: Malic acid, flavours (nature identical raspberry, pineapple, strawberry), citric acid - anhydrous, silica - colloidal anhydrous and steviol glycosides.
- **Fructose free:** All Fibroplex Plus flavours are free from fructose and suitable for people who are fructose sensitive.
- Free from dairy protein, lactose, eggs, gluten, wheat, nuts, soy protein and salt. Free from artificial colours, flavours and preservatives. Sweetened with stevia glycosides.

REFERENCE SOURCES: Professor Barry Finnin B Pharm,PhC,PhD,FFs ESSENTIAL GUIDE TO AMINO ACIDS

Metegenics research laboratories Dr.Matt Bambling Bio chemist (research scientist) Note: all prescriptions for amino acids, and naturopathic medicines, even though they are natural occurring products require prescription advise by the Healy's health Team and Dr.Matt Bambling (research bio chemist and psychologist) is Healy's Team oversight in all natural medicines, amino acids and Healy's recommended product range. periodically our Consultant Dr of Chiropractic Dr.Marshall Montgomery has input and recommendations in some formulations for better outcomes for Healy's patients and clients.