

Macro-Night *Structure & Repair*

Calcium-Magnesium Mineral Complex

Most people are aware of the need for proper vitamin and mineral nutrients to support daily health and functioning. However, it is equally important to provide our bodies with nighttime nutrients to support the critical growth and repair systems that operate while we sleep. While our minds are at rest during sleep, our bodies busily repair and replenish themselves. This requires elemental macro-minerals, particularly calcium and magnesium. As minerals are inorganic, our bodies do not produce them. We rely upon our nutrient intake to supply the elements that are critical for good health and physical well-being. **Macro-Night** was specifically formulated, upgrading from our former **Liquid Life Night**, to provide a complete and comprehensive range of minerals and co-factors necessary to support our body's rejuvenation process while we sleep.

We have carefully selected the most bioavailable forms of calcium and magnesium for this restorative formulation in order to ensure maximum absorption by bones, nerve, and muscle tissue. Our formula features lithothamnion and coral calcium, in addition to all the nutrient co-factors necessary for optimal assimilation. **Macro-Night** also provides Vitamins D and K, shown to be key factors in calcium assimilation and in stabilizing bone density. This refreshing citrus flavored drink relaxes muscles and soothes nerves to promote a restorative night's sleep; it is the perfect tonic for replenishing the body after the day's activities. It is the nighttime complement to **Vita Power**; together they provide 24-hour nutrient support. Suggested use: Mix one level teaspoon (1/8 oz) of **Macro-Night** with water before bedtime. 1 bottle of **Macro-Night** is a two month supply.

Macro-Night contains:

Chicory A fructooligosaccharide (FOS) that is able to reach the colon intact: since it ferments there as food for beneficial bacteria, it is known as a prebiotic. As a support food, it improves nutrient absorption and the bioavailability of minerals, including calcium and magnesium. It also helps to reduce the toxin load in the body.

Rice protein Benefits in the digestion of foods; has a soothing effect; is easy on the stomach; improves absorption; buffers the body's glucose response and contains bioavailable selenium and magnesium.

Calcium (general) An essential macro-mineral that our bodies need large amounts of. If our diet is not providing us with enough calcium or we are eating foods that actually deplete the calcium found in our body (i.e. too much protein in the diet can deplete calcium) then we must get an adequate amount of it with supplements. Since 99% of the body's calcium is found in bones and teeth, lack of the proper intake of calcium will actually cause the body to draw it out of our bones. One of the most common debilitating diseases is osteoporosis, which is the loss of bone calcium, especially in aging, causing bones to become porous, weak, and brittle. Calcium is also important in numerous other ways: it helps in protein and fat assimilation; maintains muscle tone and cell structure throughout the body; is needed for DNA replication; balances blood acidity; supports oxygen reserves; lowers blood pressure, helps nutrients and ions enter cells, and together with magnesium is important for nerve transmission, thus, helps with nervousness and sleep. Calcium and magnesium work together for bone formation, to increase nutrient absorption in the body, and to create a mildly alkaline cellular environment, which is considered healthy. We have chosen forms of calcium that are most easily assimilated by the body:

Calcium gluconate Easily absorbed, used in the metabolic function of nerve, skeletal and muscle systems. Also supports heart, kidney, blood clotting, vessel integrity, and vitamin B12 utilization.

Coral calcium Considered a highly assimilable form of calcium. Tiny ocean animals called polyps ingest ionic minerals from the ocean waters and then secrete them to build their colonies, which are coral reefs. This organic, freely ionized form of calcium the body can readily use. The coral calcium we use is harvested from non-living reefs off the coast of Okinawa, and is the only coral calcium authorized by the Okinawan government. It has an approximately 24% calcium to 12% magnesium content ratio, or 2:1, which is considered ideal. Coral calcium is also loaded with abundant trace minerals (70+).

Calcium oxide Provides high calcium and oxygen in the system which augments calcium absorption in the body.

Lithothamnion Sea plant mineral that is coral-like, concentrates minerals, and is highly bioavailable. At 75 feet deep, it acts as a calcium collector: contains 33% calcium / 3% magnesium. It helps remineralize the body; is considered to be an anti-acid and anti-spasmodic. Studies show it increases joint health and mobility.

Magnesium (general) Magnesium works with calcium in many ways: for bone growth and teeth, for nerve and muscle relaxation, for normal heart rhythm and nerve impulses, for steady metabolism, for energy production and enzymatic reaction. It helps with anxiety, sleep, nervous problems, PMS, the assimilation of starches and fiber, and the healthy maintenance of the cardiovascular system. Magnesium is an essential co-factor for glucose transport and its subsequent conversion to energy within the liver. A deficiency of this important mineral can ultimately lead to the diabetic complications of heart disease, nerve damage, and retinopathy.

Our magnesium sources include:

Magnesium gluconate Known for good absorption; helps with the utilization of calcium.

Magnesium peroxide Provides an abundance of oxygen into the system via the colon; it can be slightly laxative.

Vitamin C (calcium and magnesium ascorbates) Necessary for collagen formation, repairing tissue, strengthening cell walls, healing wounds and breaks, producing red blood cells, building strong bones, utilizing carbohydrates, working against viral and bacterial infections. Ascorbates are buffered Vitamin C which are easy on the digestive system and work well with all other antioxidants.

Mixed citrus bioflavonoids They are phytochemicals found in fruit, berry, seed, rind, and root which play unique roles in our health. Bioflavonoids help fortify the circulatory and immune system. They help maintain cell wall integrity by protecting vitamin C, which is essential in producing the protein called collagen, the building block of the cell wall. Studies show they are the most powerful enhancers of vitamin C known.

Trace mineral co-factors The body requires sufficient minerals, since minerals are essential in every biochemical process. Included is a full mineral matrix, including sea plants of Astaxanthin, Dunaliella salina, Lithothamnion, Red dulse, Irish moss, Gracilaria, Bladderwrack, Kelp, plus Fulvic acid, and Alfalfa grass juice extract.

MSM A naturally occurring, simple sulfur compound, extremely important in all of the body's healthy functioning. Taken as a nutritional supplement, it comes with high recommendation as a natural remedy for pain. Its many health-giving benefits include: works with vitamin C for collagen synthesis; maximizes the vitamins that we eat; acts as a free radical scavenger and detoxifier; is good for joint flexibility, skin, hair, nails, and is anti-parasitical.

Zinc (gluconate) Helps to regulate normal taste, smell, growth and wound healing; RNA and DNA synthesis.

It is anti-bacterial, anti-viral. Helps to maintain normal levels of Vitamin A in the blood. Required for many metabolic processes, it is beneficial for the prostate, reproductive organs, eyes, bone, hair, and liver.

Manganese (gluconate) Produces energy from protein; carbohydrates and fats; improves calcium absorption in bone; helps with bone density and to stop bone loss; builds strong nerves; regulates blood sugar.

Boron (citrate) Good co-factor in helping with osteoarthritis, reducing excretion of calcium so there is less loss of bone; helps with inflammation and immune system; improves hormone activity; helps regulate enzymatic activity; improves metabolic activity and brain function; alleviates the symptoms of rheumatoid arthritis.

Vitamin D3 (cholecalciferol, a preferred, naturally occurring, vitamin D) Important for proper calcium assimilation, and the absorption of magnesium and other minerals. Though it is produced in the skin by exposure to sunlight, most people do not get enough of the proper kind of sunlight to make adequate vitamin D. With calcium, it helps maintain bone density, and is an important factor in all of the body's calcium and magnesium needs. Vitamin D has a hormone-like effect on mineral absorption, so it is found helpful with moods and the body's rhythms, and the overall balance of behavior. It is also an antioxidant and an immune builder.

Silica Called a beauty mineral—good for skin and hair; holds moisture in body tissue. Important in bone metabolism; helps with bone growth and structural integrity; helps re-mineralize calcium into the bones.

Chromium (citrate) An essential micro-nutrient for normal carbohydrate metabolism. It functions as a co-factor for insulin binding; it functions in the subsequent uptake of glucose by cells as fuel for energy production.

Molybdenum (citrate) Helps with fat metabolism, in the enzyme group, reductase.

Selenium (1-selenomethionine) An important trace mineral with antioxidant properties; helps the body use oxygen; helps in detoxification, chelating toxic metals and removing lipid peroxidation; helps decrease pain and inflammation in joint tissue. Helps in preventing blood clots; helps prevent muscle weakness.

Vitamin K2 (menaquinone 7) Made in the intestinal tract. It helps build bone density; required in the normal formation of blood clotting; important for normal growth; helps regulate blood pressure; involved in the production of osteocalcin, a protein found in hormones.

Stevia A shrub traditionally used as a sweetener for food and drinks throughout South America that also has important health benefits, including stimulating the release of insulin and helping to normalize blood sugar.