



MetaRelax® Daily

Relax the Mind & Muscles with Magnesium Bisglycinate for Enhanced Absorption.

PRACTITIONER FORMULATED



- Formulated to start working in 30 minutes.
- Contains MagActive® - 4-8x better absorption than magnesium oxide.^{1,2}
- Regulates the body's stress response & promotes muscle relaxation.



Designed to Start Working in 30 Minutes



Vegan



Enhanced Absorption



Scientifically Designed

Directions for use:



Take 1 tablet twice daily for muscle relaxation and stress support.



Take 1 tablet daily for supporting energy and nervous system function.

If symptoms persist, consult your healthcare professional. Always read the label and follow the directions for use.

Magnesium is essential for regulating the body's stress response by modulating neurotransmitters and reducing excitotoxicity in the central nervous system (CNS). Deficiency heightens stress sensitivity, while stress increases magnesium loss, creating a self-perpetuating cycle. Supplementation helps break this cycle by lowering CNS sensitivity and mitigating excitotoxicity.

MagActive®, a next-generation magnesium bisglycinate, is engineered for superior potency and absorption - offering up to 35% greater absorption than conventional magnesium bisglycinate (Figure 1)¹ and 4-8x times more than magnesium oxide.^{1,2} Its fully chelated structure prevents binding with water molecules and dietary antinutrients such as phytates, ensuring more magnesium reaches the gastrointestinal membrane for absorption while remaining gentle on the gut.¹

Magnesium bisglycinate is absorbed at the epithelial border of the small intestine through both passive paracellular pathways (TRMP7) and active transport via the MagT1 transporter.³ The presence of glycine enhances passive absorption mechanisms and facilitates uptake through dipeptide channels.^{2,4} Additionally, magnesium bisglycinate has been shown to significantly increase nitric oxide synthesis in muscle cells,⁵ supporting its role in muscle relaxation. These features demonstrate how Magactive® magnesium bisglycinate works deeply to support whole-body magnesium balance.

This formulation also contains vitamins B1, B2, B3, B5, C, and zinc - essential co-factors in the biosynthesis of serotonin and gamma-aminobutyric acid (GABA), key neurotransmitters involved in maintaining CNS homeostasis.⁶ In synergy with magnesium, these nutrients encourage proper CNS regulation whilst offering support during stressful times.

Each dose/tablet contains:

MagActive® - Magnesium bisglycinate:	
Magnesium glycinate dihydrate	299 mg
Equivalent Magnesium	35 mg
Magnesium amino acid chelate	833 mg
Equivalent Magnesium	175 mg
Total Magnesium	210 mg
Thiamine hydrochloride (Vitamin B1)	1.2 mg
Riboflavin (Vitamin B2)	1.6 mg
Nicotinamide (Vitamin B3)	8.0 mg
Calcium pantothenate (Vitamin B5)	6.0 mg
Zinc amino acid chelate	35 mg
Equivalent Zinc	7.0 mg
Ascorbic acid (Vitamin C)	12 mg

*Contains MagActive®, an exclusive, enhanced absorption magnesium.

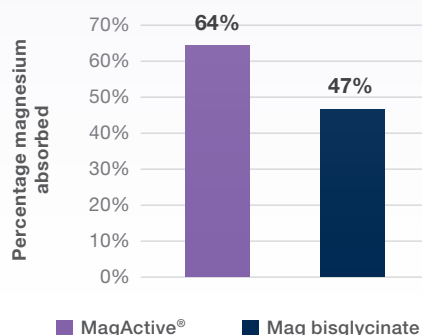


Figure 1: MagActive® 35% greater absorption than other forms of magnesium bisglycinate.¹

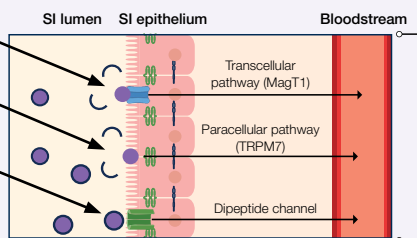
MagActive® – High potency magnesium bisglycinate with superior absorption

4x greater absorption than magnesium oxide

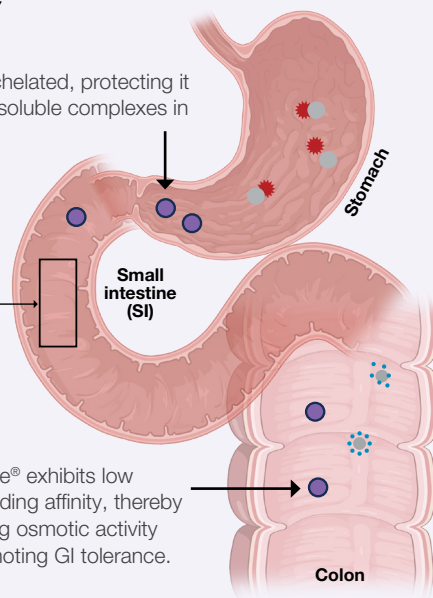
Magnesium bisglycinate upregulates active (MagT1) and passive (TRPM7) transporters in the gastrointestinal (GI) tract to increase magnesium absorption.

Magnesium bisglycinate is also absorbed via dipeptide channels.

Glycine acts as a pH buffer enhancing TRPM7 transporters to promote magnesium absorption.



MagActive® is fully chelated, protecting it from binding with insoluble complexes in the digestive tract.



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MagActive® magnesium bisglycinate	Water molecule	MagT1 transporter
Glycine	Insoluble complex	Dipeptide channel
Magnesium ion	Mag Oxide	

In vitro research has shown that magnesium bisglycinate stimulates the production of nitric oxide (NO)—a critical mediator of muscle relaxation—in myometrial cells.⁵ Notably, this form of magnesium induced significantly higher NO synthesis compared with another form of magnesium (Figure 2). This enhanced NO synthesis supports the role of magnesium bisglycinate as a more effective form for targeting muscle tension.

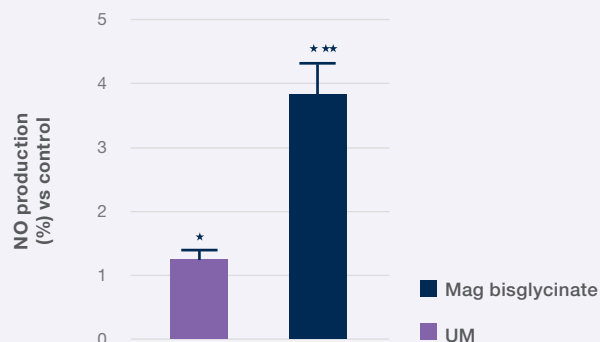


Figure 2: Magnesium bisglycinate significantly increased nitric oxide synthesis in muscle cells in vitro.⁵



Vitamins and mineral supplements should not replace a balanced diet.

Pregnancy: Safe to take in pregnancy at a dose of 1 tablet daily. Magnesium is safe for those pregnant when used in doses below the tolerable upper intake level (UL) of 350 mg daily.

Lactation: Safe to take in lactation at a dose of 1 tablet daily. Magnesium is safe for those breastfeeding when used in doses below the tolerable upper intake level (UL) of 350 mg daily.

*This information is intended for Healthcare Professionals only.

References available on request. anz_clinicalsupport@metagenics.com.

Disclaimer: In the interest of supporting Healthcare Practitioners, the safety information provided at the time of publishing May/2025 has been checked against authoritative sources. Not all cautions, contraindications, and warnings are listed.

For further information on interactions, refer to clinical support: 1800777648 (AU), 0508227744 (NZ), anz_clinicalsupport@metagenics.com or via Live Chat www.metagenics.com.au / metagenics.co.nz