

Macro Night

Magnesium-Calcium Mineral Complex

Structure & Repair

Most people are aware of the need for proper vitamin and mineral nutrients to support daily health and body functions. It is important to provide our bodies with nighttime nutrients to support the critical growth and repair systems that operate during sleep. While we sleep, our bodies busily repair and replenish themselves. This requires elemental macro-minerals, particularly calcium and magnesium. Minerals are inorganic; our bodies do not produce them. We must rely upon nutrient intake to supply the elements critical to our good health and physical well-being. **Macro-Night** was specifically formulated to provide the complete and comprehensive range of minerals and cofactors necessary to support our body's rejuvenation processes while we sleep.

We have carefully selected the most bioavailable forms of calcium and magnesium from sea algae living in North Atlantic waters (W. Ireland and N. Iceland) for this restorative formula to ensure maximum absorption by the bones, nerves, and muscle tissues to promote a deep and restful sleep. Additionally, our formula contains Glycinate, Gluconate, and Taurate bound to magnesium. It is supported by a multitude of cofactors including Vitamins D2 and K3 which are key factors in stabilizing bone density and assimilating calcium, Vitamin C, and bioflavonoids found at 25% (in the Acerola berry). This refreshing drink works to maintain and improve bone density, nourishes the immune system, relaxes muscles, and soothes nerves. It is the perfect tonic for body replenishment after daily activities. **Macro-Night** is the nighttime complement to our **Vita Power**. Together, they provide 24-hour nutrient support.

Macro Night Ingredients

2:1 Magnesium: Calcium Ratio

Magnesium: This highly important essential mineral is required for energy production and is an important part of 350+ important biochemical reactions occurring throughout the body. Magnesium can improve cognition and memory as well as alleviate conditions of anxiety, sleeplessness, migraines, nervousness, hypertension, & PMS. This primary mineral is an essential cofactor for glucose transport and is a key regulator of blood sugar and the assimilation of starches and fiber into its subsequent conversion to energy in the liver. A deficiency of this important mineral can ultimately lead to diabetes, heart disease, nerve damage, and retinopathy. Magnesium, contained in all greens, is a central component of chlorophyll. It is used by all cells down to DNA replication and actively works with calcium while keeping calcium levels in check. Together, magnesium and calcium build and maintain bone and teeth health, relax muscles and nerves, help the cardiovascular system maintain normal heart rhythm, regulate blood sugar, increase metabolism, and improve digestion.

Aquamin Magnesium: Contains 142.12 Magnesium (highly bioavailable), 5.4 mg Calcium, and 72+ trace minerals including iodine) and is derived from N. Atlantic Ocean sea plants. Several clinical studies have shown this mineral to be safe and effective for bone health by maintaining mineralization and maturation of bone cells, especially in conjunction with Vitamin D₃. Aquamin magnesium has anti-inflammatory properties that can help reduce joint pain and stiffness. It also inhibits PTH suppression and offers protection against bone loss. This magnesium benefits the digestive system especially for those who have high fat Western diets. The anti-inflammatory properties offer protection from liver damage and help prevent polyp formations. By maintaining a healthier stomach, as part of the digestive system, this magnesium could improve digestion, constipation, colitis, and blood sugar symptoms.

Magnesium Glycinate: (20%, 76 mg) well-absorbed, less laxative form. This functional form helps the body buffer the harmful effects of glyco-phates that are prevalent in the environment.

Magnesium Gluconate: (20%, 76 mg) An alkalizing compound that assists with calcium utilization and helps keep the body hydrated. Research shows it to be a very bioavailable form of magnesium.

Magnesium Taurate: (8.9%, 26.7 mg) Taurate protects the heart; Magnesium and Taurate play important roles in the cardiovascular system. Magnesium Taurate inhibits nerve cell excitability and anxiety, promotes sleep, helps maintain a steady heartbeat, provides energy, and enhances moods.

Calcium: An essential macro-mineral that our bodies need in large amounts. 99% of our body's calcium is found in bones and teeth; the lack of the proper calcium intake will cause the body to draw calcium out of our bones. One of the most common debilitating diseases is osteoporosis which is the loss of bone calcium. This occurs especially as we age and causes bones to become porous, weak, and brittle. Calcium is important in numerous other ways, such as for intercellular DNA replication and cell structure. Calcium supports the cardiovascular system, increases oxygen reserves, lowers blood pressure, and helps nutrients and ions enter cells. Together with magnesium, it is important for nerve transmission which helps us to get a good night's sleep. Calcium and magnesium are intertwined in supporting bone health and teeth formation, increasing nutrient absorption, and numerous other functions. They create a beneficial healthy mildly alkaline cellular environment.

Lithothamnion (165.8 mg Calcium, 10.9 mg Magnesium): A coralline (calcified mineral rich fronds) red alga from NW Icelandic or SW Ireland coast 75 feet below the ocean's surface. This algae attracts and concentrates over 70 minerals. The unique honeycomb structure acts as calcium collectors making it bioavailable. Their composition is 33% calcium and 3% magnesium in a synergetic matrix rich in other minerals and trace minerals. Lithothamnion is highly absorbable and helps re-mineralize the body. It is considered an anti-acid and anti-spasmodic, and it helps reduce inflammatory response. Research shows that Lithothamnion preserves bone density, improves joint health, and increases mobility. This is our single source of calcium.

Acerola (25% Vitamin C): The Acerola berry contains a potent, naturally-occurring Vitamin C at 25%. It is a powerful antioxidant that works synergistically with other antioxidants. Being high in flavonoids, it is also a natural preservative as well. Acerola also contains B vitamins, Vitamin K, minerals, complex carbohydrates, and pantothenic acid. Vitamin C helps the immune system fight colds and heal wounds and bruises. It supports capillary and tissue health, red blood cell production, and helps strengthen cell walls. Additionally, it is rich in bioflavonoids necessary for collagen formation, structure, & immunity.

Citrus Bioflavonoids: Flavonoids are plant-derived polyphenolic compounds; bioflavonoids are biologically active flavonoids that are potent antioxidants that help protect the cells in your body from free radicals and oxidation. Citrus bioflavonoids are derived from fruits that are high in Vitamin C; they interact with Vitamin C to help neutralize free radicals. Studies have shown that citrus bioflavonoids can strengthen capillaries and protect collagen. They provide benefits to overall circulatory health and help support a healthy immune system and immune response.

Vitamin D3 (cholecalciferol, preferred, naturally occurring Vitamin D): Is important for proper calcium assimilation and the absorption of magnesium, phosphorus, and other minerals. Though the "sunshine vitamin" is produced in the skin with exposure to sunlight, most people do not get enough sunlight to make an adequate amount of Vitamin D. Vitamin D and calcium help maintain bone density by assisting our body with absorbing and utilizing calcium and magnesium. Vitamin D is a hormone precursor; it has been shown to be helpful with sustaining and maintaining the body's rhythms, balance, and overall mood. This immune-builder and antioxidant supports cell growth and neuromuscular functioning. A very important cofactor indeed!

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Vitamin K2 (as MK-7): A major player in promoting bone health, Vitamin K₂ is a cofactor to calcium, is highly absorbable, and providing the highest level of Vitamin K activity. It works in conjunction with Vitamin D to provide for the normal clotting of blood, and it helps regulate blood pressure. It activates osteocalcin, a protein linked to increased bone-matrix formation which encourages bone mineral density. Vitamin K2 helps prevent heart disease caused by arterial calcifications by inhibiting calcium deposits on artery walls.

Zinc Picolinate (20%): An essential micro-nutrient with a key role in numerous body processes, including those involving growth, the immune system, taste and smell, and testosterone metabolism functions. Zinc Picolinate is a highly absorbable form of zinc and is involved in 200+ enzymatic reactions. It supports and benefits connective tissues, the eyes, liver, and prostate gland.

Silicon AAC (Amino Acid Complex 5%): A naturally-occurring mineral important for both bone formation and bone strength; it helps the body assimilate magnesium and calcium. It fortifies resistance to proteolytic enzyme degradation and benefits connective tissues and cartilage. Studies have suggested that silicon is important for optimal collagen synthesis and for activating hydroxylating enzymes which improve skin tone and elasticity and mitigate hair loss. Whole grains, nuts, root vegetables and seafood are good sources.

Boron AAC (Amino Acid Complex, 5%): An important cofactor micronutrient that helps build strong bones and muscles in conjunction with calcium and magnesium. Boron supports the immune system and helps reduce inflammation. It improves brain functions and can help increase testosterone levels and metabolic activity. Recent research has suggested that boron can alleviate the pain and discomfort caused by osteoarthritis.

MSM: A naturally occurring, simple sulfur compound that is extremely important for our body's healthy functioning. It has anti-parasitic properties and is widely used for immune support. It alleviates the pain and stiffness caused by arthritis, helps improve tendon and cartilage health, breaks up calcium deposits, and can improve rosacea. MSM also relieves sore muscles and speeds recovery after a workout. It works with Vitamin C (Acerola 25%) in this formula for collagen synthesis and normal cell growth. It maximizes the activity of the vitamins that we ingest. MSM can improve skin, nail, and hair health by strengthening keratin which is the main protein component in skin, hair, and nails. We use the highly regarded Bergström Opti-MSM® which is the purest and finest quality steam distilled MSM available. This sulfur compound helps support the production of glutathione.

Manganese (Amino Acid Complex 10%): Manganese is an important trace mineral that is part of the antioxidant enzyme superoxide dismutase (SOD), one of the most important antioxidants in the body. It is involved in many biochemical operations such as the processing of carbohydrates, cholesterol, and protein. Manganese acts as a coenzyme for chlorophyll assimilation. It improves calcium absorption and is essential for bone health, development, and maintenance. It can strengthen weak and brittle bones and improve bone density. It supports blood sugar regulation & immune function modulation.

Chromium Picolinate (11.7%): An essential trace mineral that works with pancreas-produced insulin to metabolize carbohydrates, proteins, and fats; it also regulates sugar levels. Studies have shown that chromium picolinate can improve blood sugar levels in diabetics and help regulate fats.

Molybdenum AAC (Amino Acid Complex, .5%): A trace mineral that is required for essential body processes. It provides benefits for the heart and promotes healthy growth by metabolizing fats and carbohydrates. Most molybdenum in the body is converted to a cofactor which activates 4 essential enzymes (sulfite oxidase, aldehyde oxidase, xanthine oxidase, and mitochondrial amidoxime); these enzymes support the immune system and remove deadly sulfites and toxins from the body.

Selenium (Selenomethionine): A powerful trace mineral with antioxidant properties that plays a major role in important body processes including those involved in metabolism, thyroid, and immune system functions. It helps the body use oxygen and detoxify itself. It chelates toxic metals out of the body and helps remove lipid peroxidation. Its antioxidant properties help reduce oxidative stress by neutralizing excess free radicals, especially in the thyroid which contains more selenium than any other organ in the body. Some studies have shown that selenium can help prevent mental decline and may protect against heart disease. Other studies have indicated that it may help lower cancer markers in conjunction with zinc and Vitamin E.

Potassium (Bicarbonate 38%): An important mineral electrolyte that assists with many critical body functions. It supports cardiovascular health, blood pressure regulation, and bone and muscle strength. It preserves mineral bone density and helps reduce the formation of kidney stones. It moves nutrients into, and toxins out of, our cells. It creates a light refreshing fizz.

Trace mineral cofactors (including red dulse & kelp sea plants): Trace minerals are critical for every biochemical process and for bone health. They are some of the best sources of iodine, which is a constituent of the thyroid gland's hormones. Kelp is rich in vitamins, minerals, trace elements, antioxidants, and enzymes. Red dulse has a very high iodine content and is loaded with trace minerals. We use a full trace mineral matrix of which kelp and red dulse are a big part.

Chicory: A fructooligosaccharide (FOS) and prebiotic containing a high amount of inulin which is a type of oligosaccharide called a fructan that is fermented by bacteria and normalizes colon functions. Chicory helps balance the microbiota (microbes and bacteria) that live in the body's gut and stimulates the growth of beneficial bacteria. Chicory improves nutrient absorption and the bioavailability of minerals including both magnesium and calcium. It helps improve digestion by feeding the probiotics through its breakdown. It supports the immune system and overall health by reducing toxins in the body. Chicory has a very diverse flavor profile and is used in many food preparations.

Brown Rice protein: A plant-based protein (it is a complete protein source that contains all the amino acids) that is packed with nutrients and antioxidants. It helps the body digest, absorb, and assimilate foods. It buffers the body's glucose response and contains bioavailable selenium and magnesium which support heart, kidney, and liver health. Brown rice protein is used by people who have food sensitivities; it provides a soothing nutritive quality that is easy on the stomach and colon.

Stevia: A shrub traditionally used as a sweetener for food and drink throughout South America. Stevia has important health benefits including stimulating the release of insulin to normalize blood sugar. It should be used sparingly yet contains all the complete components that contribute to its complexity.

Suggested use: Mix 5/8 tsp (1/8 ounce, 3.8 grams) with water at night. This amount can be divided into two doses; take one dose in the afternoon and one in the evening. Macro Night works well with Vita Power as a foundational day-night combination.