

ZINC MATRIX

WHO WOULD USE ZINC MATRIX

Males in their 30's or over looking to regulate hormone production.

HOW THE PRODUCT WORKS

It has long been established that intense exercise places strain on the body and can lead to a depletion of certain vitamins, mineral and other nutrients. Two particular minerals that the body can become quickly depleted in are zinc and magnesium. Lower levels of these two essential nutrients can quickly cause a decline in performance, recovery and testosterone levels!

Zinc is an essential trace mineral that plays many roles in the body. It is a component of over 100 enzymes and plays key roles in reproductive function and immune function. The human body contains approximately 2 to 3 grams of zinc. One of the main applications for athletes is its role in promoting healthy testosterone levels.

Magnesium is one of the most abundant minerals in the body and is a cofactor in over 300 enzymatic reactions. Nearly 70% of the body's supply of magnesium is located in the bones together with calcium and phosphorus, while 30 percent is found in soft tissue and body fluids. Magnesium deficiency is common in the western world, with certain groups at high risk, one of them being athletes.

The combination of these two minerals in specific form became popular during the 90s when Victor Conte undertook mineral testing on elite athletes. He observed that more than 70 percent of the 250 NFL players he tested were depleted or deficient in both zinc and magnesium.

This led to the birth of ZMA which is a combination of zinc, magnesium and vitamin B₆. Trials showed that athletes supplementing with ZMA could correct these mineral imbalances and improve performance. Further testing then highlighted that ZMA has the potential to increase anabolic hormone production in the body, increase strength and recovery.

Users of ZMA were also noticing longer and deeper sleep. As sleep is such an important part of the recovery process, it further backed ZMA's potential as an ergogenic aid. The reason for this better sleep was the inclusion of magnesium. In a study of patients with mild or moderate insomnia, it was found that sleep efficiency was significantly improved with oral magnesium therapy. Researchers have also reported that chronic sleep deprivation causes magnesium deficiency as well as decreased exercise tolerance. However, these researchers also found that the decreased exercise tolerance observed as a result of sleep deprivation could be significantly improved by oral magnesium administration.

WHY IS REFLEX ZINC MATRIX BETTER THAN THE COMPETITION?

Reflex Nutrition are proud to partner with Albion® for the use of the minerals within Zinc Matrix. Albion are the world leader and innovator in mineral amino acid chelate nutrition. Since its establishment in 1956, Albion has sought to manufacture highly bioavailable nutritional mineral forms and to understand their function and prove their effectiveness through third party research and clinical studies. This deep understanding and continued research has kept Albion on the



THE REFLEX CHALLENGE

Does your zinc supplement meet the following checklist?

- › Chelated minerals
- › Added copper for optimal zinc to copper ratio
- › Added boron for a healthy bone structure
- › Exclusive use of Albion Minerals
- › Made to ISO9001 standards
- › Manufactured in an Informed-Sport registered facility
- › Full money back guarantee.

leading edge of product development and application. Zinc Matrix uses zinc, magnesium and copper bisglycinate, which chelated minerals sourced from Albion and known to have some of the highest bioavailability rates all the minerals types available.

Zinc Matrix also benefits from the inclusion of copper. It is essential whenever supplementing with any form of zinc. This is because as zinc intake is increased, there is

a potential for mineral antagonisation which causes copper to become depleted. By adding copper to the formula Reflex overcome this problem.

Additionally Reflex have added boron as it helps the body to form and maintain calcium in bones, leading to a healthy and strong bone structure.

NOTES