12Mg Optima™ Relax is scientifically formulated to promote relaxation during times of stress.

Magnesium may function as a Gamma-aminobutyric acid (GABA) receptor agonist promoting the effects of GABA while glycine functions as an inhibitory neurotransmitter and may assist with relaxation.1,2 Glutamine is a precursor to GABA production3 while Theanine, an amino acid from Green Tea, promotes relaxation via binding to glutamate receptors and inducing alpha wave brain activity.4 Pyridoxal (B6) is a cofactor for the enzyme Glutamate Decarboxylase that synthesises GABA5 and zinc may act as a modulator of both excitatory and inhibitory neurotransmission.6

**Key Features and Benefits:**
- Promote relaxation during times of stress7
- Positive effect on mood and cognitive performance1,2
- Relieve muscles of aches and pains8
- Reduce effects of mild anxiety and nervous tension9
- Help reduce the frequency of migraines10,11
- Highly absorbable and bioavailable form of Albion® magnesium bisglycinate

FOR PROFESSIONAL USE ONLY

DAIRY & GLUTEN FREE
SUITABLE FOR VEGETARIANS
NO ARTIFICIAL COLOURS, FLAVOURS OR SWEETENERS

PLEASANT LEMON & LIME FLAVOUR

ALBION MINERALS
Human Nutrition
Patent # 7,838,042
**CONTACT DETAILS:**

Medlab Clinical LTD: 66 McCauley St, Alexandria, NSW Australia 2015

Toll Free: 1300 369 570  
Phone: 02 8188 0311  
Fax: 02 9699 3347  
Email: hello@medlab.co

---

**FOR PRACTITIONER EDUCATIONAL PURPOSES ONLY**

---

**REFERENCES:**


---

**ACTIVE INGREDIENTS:**

Each 5 g dose (1 scoop) Contains:

- Magnesium as amino acid chelate 150 mg
- TRAACS® - (bisglycinate chelate) 500 mg
- L-Glutamine 500 mg
- Green Tea Dry Leaf Extract 40 g
- Equiv. green tea dry leaf not less than 100 mg
- Pyridoxal 5-Phosphate (Vitamin B6) 15.6 mg
- Equiv. Pyridoxine 10 mg
- Zinc (as citrate) 5 mg

Excipients: Malic acid, Silica, Lemon Lime Flavour, Stevia, Citric Acid, Maltodextrin.

---

**Dosage Guidelines:**

Add 5g (1 scoop) to 100–200mL of cold water or juice, one (1) to two (2) times per day, or as directed by your healthcare practitioner. Always read the label. Use only as directed.

AUST L 262421

---

**WARNING:** If symptoms persist consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet. Contains less than 15 mg caffeine per 5 g dose.

---

**Fig. 1: GABA Synthesis**

GABA is synthesized from Glutamine and Glutamate using NADPH and Vitamin B6 as Co-factors. GABA is the main inhibitory neurotransmitter in the adult mammalian brain.12

---

**Fig. 2: Neurotransmitter Signalling**

Glutamate NMDAR receptors have binding sites for Zinc, Glycine and Magnesium that modulate glutamate receptor activity while L-Theanine is also able to bind and modulate receptor activity.13