



**Standard
Process®**

Muscle Health



www.standardprocess.com

The human muscular system includes over 600 muscles. These muscles, made of tissues containing bundles of cells and fibers, work in a very simple way—either contracting or relaxing. Their main functions include movement, both voluntary and involuntary, and body support.

The human body consists of three types of muscles—skeletal, smooth, and cardiac. Skeletal muscles always act in pairs; one muscle contracts while the other muscle relaxes. They attach to bones and cause voluntary movement—running, walking, chewing, talking, etc. While forming layers inside organs, smooth muscles help the organs contract, thus causing involuntary movement (movement that you cannot control—breathing, digestion, blinking, etc.). Cardiac muscles are located only in the heart and their main function is to propel blood into circulation.

If not given the proper nutrition, these muscles can become weak, diminish, and develop many disorders. Therefore, it is important to maintain the healthy functioning of our muscular system with a proper diet, exercise, and nutrition.

Myo-Plus[®] This is a special combination product containing bovine heart Protomorphogen™ extract, a source of naturally-occurring Coenzyme Q10. The heart and liver contain the greatest amounts of Coenzyme Q10. Coenzyme Q10, also called ubiquinone, is an essential metabolite and antioxidant that has the ability to support muscle during strenuous exercise.*

Cataplex[®] E₂ One of the functions of Cataplex E₂ is to aid in maintaining healthy free-functioning muscles. This vitamin complex is known for its ability to reduce oxygen consumption by the heart and other muscles. It also increases the oxygen-carrying capacity of the blood to the tissues.*

Cataplex[®] E Since the 1940s, vitamin E has gained a well-known reputation for supporting muscle function. Research demonstrates that vitamin E decreases anoxia of muscle and capillary fragility. Vitamin E supports capillary permeability, dilates arterioles, and helps support muscle tissues when challenged by free radicals.*

Myotrophin PMG[®] This is a special combination formula that supplies nutrients from its principle ingredient of bovine muscle Protomorphogen™ extract, which is formulated to help maintain the healthy functioning of the muscular system. Naturally-occurring Coenzyme Q10 and creatine, an important nitrogenous compound found in muscle, provide high-energy sources for muscle. The richest sources of creatine are found in red muscle meats.*

Calcium Lactate Calcium is a mineral of critical importance to human nutrition and is essential for various functions in the body, including muscle contraction and nerve conduction. Calcium lactate is a highly-bioavailable form of calcium. It changes to calcium bicarbonate (the type used by the body) in one chemical step, whereas calcium carbonate, for example, goes through approximately 12 chemical reactions in order to become calcium bicarbonate. The calcium lactate found in this product is derived solely from pure-vegetable sources.*