



Sleep Factors

Serving Size 2 capsules

Servings Per Container 30

	Amount Per Serving
Calcium (AAC)	40 mg
Magnesium (AAC)	40 mg
Valerian root extract (<i>Valeriana officinalis</i>)(4:1)	120 mg
GABA (gamma amino butyric acid)	100 mg
Inositol	100 mg
L-theanine	100 mg
5HTP (5-hydroxytryptophan)	40 mg
Blue skullcap (<i>Scutellaria lateriflora</i>)	40 mg
Chamomile flower (<i>Matricaria recutita</i>)	40 mg
Hops cone extract (<i>Humulus lupulus</i>)(6:1)	40 mg
Passion flower, leaf and flower extract (<i>Passiflora incarnata</i>)(4:1)	40 mg
Wild lettuce leaf extract (<i>Lactuca virosa</i>)(4:1)	40 mg
California poppy whole plant extract (<i>Eschscholzia californica</i>)(2%)	25 mg
Jamaican dogwood bark (<i>Piscidia piscipula</i>)(4:1)	25 mg
Jujube fruit extract (<i>Zizyphus spinosa</i>)(2%)	25 mg
Melatonin	3 mg

OTHER INGREDIENTS: Cellulose, microcrystalline cellulose, silica.

SUGGESTED USE: As a dietary supplement, take 1-2 capsules 30 to 45 minutes before bed as an aide in restful sleep or as directed by your healthcare professional.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SLEEP FACTORS

A COMPREHENSIVE, NON-HABIT FORMING FORMULA OF AMINO ACIDS, BOTANICALS, AND MELATONIN THAT PROMOTES A HEALTHY AND SOOTHING NIGHT OF SLEEP*

- Promotes healthy circadian rhythm*
- Provides nutritional neuroendocrine support for normal sleep patterns*
- A safe and well-tolerated combination of nervine and sedative botanicals*
- Contains essential minerals for muscle relaxation*

SLEEP FACTORS provides an innovative blend of nutrients that promotes soothing and restful sleep. The non-habit forming ingredients were specifically chosen to promote healthy circadian rhythms and help relax tense muscles. While most prescription medications cause morning sleepiness, Sleep Factors is designed to provide the patient with restful slumber and a rejuvenated body upon awakening.*

MELATONIN is the principle hormone responsible for healthy circadian rhythm and normal sleep cycles. Darkness stimulates the production of melatonin in the pineal gland while lightness induces its endogenous breakdown. Low levels of melatonin are found in those who have difficulty falling and remaining asleep, the elderly, and individuals with fluctuating or abnormal sleep patterns. Patients with conditions associated with low serotonin, including chronic pain disorders and mood disturbances, may also have decreased melatonin levels. Melatonin supplementation may effectively facilitate the discontinuation of prescription drug therapy and help improve sleep quality in those experiencing jet lag.*

5HTP (5-HYDROXYTRYPTOPHAN) The amino acid tryptophan is endogenously converted to 5HTP, the immediate precursor to both serotonin and melatonin. Deficiencies in tryptophan have been shown to reduce serotonin production leading to mood disturbances, memory impairment, aggression, and sleep problems. 5HTP has the ability to cross the blood brain barrier to increase CNS production of both serotonin and melatonin.*

GABA (GAMMA AMINO BUTYRIC ACID) is the primary inhibitory neurotransmitter in the CNS and promotes overall calmness and relaxation.*

L-THEANINE is a non-protein amino acid found naturally in green tea (*Camellia sinensis*). L-theanine also has mood-modulating activity believed to be through its direct effects on GABA receptors.*

SLEEP FACTORS

REFERENCES:

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3. Donath F, Quispe S, Diefenbach K, et al. Critical evaluation of the effect of valerian extract on sleep structure and sleep quality. *Pharmacopsych*. 2000 Mar;33(2):47-53.
4. Levine J. Controlled trials of inositol in psychiatry. *Eur Neuropsychopharmacol*. 1997 May;7(2):147-55.
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7. Rolland A, Fleurentin J, Lanhers MC, et al. Behavioural effects of the American traditional plant *Eschscholzia californica*: sedative and anxiolytic properties. *Planta Med*. 1991 Jun;57(3):212-6.

CALMING BOTANICALS help support soothing and restful sleep. Valerian (*Valeriana officinalis*) is a popular herb used as a natural sleep aid. Its popularity is due to the fact that many people do not experience the morning sleepiness that is common with prescription sleep medications. Sleep Factors also provides a significant dose of nervine herbs such as blue skullcap (*Scutellaria lateriflora*), passion flower (*Passiflora incarnata*), wild lettuce (*Lactuca virosa*), chamomile (*Matricaria recutita*) and hops (*Humulus lupulus*). These are combined with lower dose sedating herbs including Jamaican dogwood bark (*Piscidia erythrina*), jujube fruit (*Zizyphus spinosa*), and California poppy (*Eschscholzia californica*).*

CALCIUM (AMINO ACID CHELATE) AND MAGNESIUM (AMINO ACID CHELATE) are essential minerals and are responsible for hundreds of reactions in the body. When taken together, they improve muscle contraction and relaxation, cellular energy production, and nerve cell conduction. These essential minerals can have spasmolytic effects on tight, tense muscles promoting an undisturbed and comfortable slumber.*

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