

**NeuroRest (60 capsules)**

**\$49.95**

Are you struggling with insomnia or inability to get a good night sleep? Then NeuroRest might be best for you. NeuroRest contains the hormone melatonin, which is normally elevated at night when we sleep and is low during the day when we are awake. Low levels of melatonin may result in difficulty either getting to sleep or staying asleep throughout the night. If this is you, then NeuroRest will be helpful towards getting the proper amount of melatonin in your brain to initiate and maintain sleep.

### **Background and Scientific Studies:**

#### **Casein Tryptic Hydrolysate:**

**Melatonin:** Is a hormone released from the pineal gland in response to light and dark and is an important regulator of the sleep cycle in the body. Melatonin supplementation helps you to get to sleep quicker as well as to improve sleep duration throughout the night. Melatonin has been shown to have powerful neuroprotective effects both as an antioxidant and in the prevention of plaque formation as observed in Alzheimer's disease (Ref. 3). In addition, it is an effective treatment for seasonal affective disorder (SAD) and those with ADHD and autism have shown a marked improvement in sleep quality with melatonin supplementation (Ref. 1,2,4,5). The benefit to taking melatonin as opposed to other sleep aids is that it is both safe and non addictive.

**Passionflower Extract:** This extract is from the passion flower which is native to the United States and is best known best for its sedative properties. The combination of flavonoids, alkaloids, and 8-pyrone derivatives function to relax muscles and enhance circulation. This herb has been found to be useful in reducing anxiety and panic as well as sleeplessness.

#### **Proprietary Blend per tablet:**

**Servings per Container: 60**

#### **One capsule contains:**

Casein Tryptic Hydrolysate† 75mg

Melatonin 1mg

Passion flower Flower 5:5:1 Extract (*Passiflora incarnata*) 300mg

†LactiumPure™, pure, undiluted, bioactive decapeptide.

**Recommended uses: Occasional sleeplessness**

Take one hour before bedtime or as directed by your healthcare provider. A typical consumption range for melatonin is 1mg-3mg for supporting occasional sleeplessness.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat cure, or prevent any diseases.

**References:**

1. Hoebert M., et al. (2009) Long-term follow-up of melatonin treatment in children with ADHD and chronic sleep onset insomnia, *J Pineal Res* May 22, 2009 Epub.
2. Galli-Carminati G., et al. (2009) Melatonin in treatment of chronic sleep disorders in adults with autism: a retrospective study, *Swiss Med Wkly*, 19-20:293-6.
3. Wang JZ and Wang ZF (2006) Role of melatonin in Alzheimer-like neurodegeneration, *Acta Pharmacol Sin*, 1:41-9.
4. Van der Heijden KB., et al. (2007) Effect of melatonin on sleep, behavior, and cognition in ADHD and chronic sleep-onset insomnia, *J Am Acad Child Adolesc Psychiatry*, 2:233-41.
5. Smits MG., et al. (2001) Melatonin for chronic sleep onset insomnia in children: a randomized placebo-controlled trial, *J Child Neurol*, 2:86-92.