

Restful Sleep

Sleep is essential to healthy brain function. Dr.Amen formulated Restful Sleep with a combination of nutrients designed to support a calm mind and promote a deep, relaxed, restful night's sleep. This supplement 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 Restful Sleep may be beneficial towards getting the proper amount of melatonin in your brain to initiate and maintain sleep. This product is unique in that it contains both an immediate-release and time-release dose of melatonin to keep you asleep throughout the entire night. In addition, Restful Sleep contains the calming neurotransmitter GABA, a combination of the essential elements zinc and magnesium, and the herb valerian, which together may produce an overall sedative effect to help support sleep.

Background

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 as an antioxidant. The benefit to taking melatonin as opposed to other sleep aids is that it is both safe and non-addictive.

Pharma GABA™: GABA or gamma-amino-butyric acid is an amino acid that regulates brain excitability and GABA supplements tend to be calming to the brain. GABA functions to inhibit the excessive firing of neurons which results in a feeling of calm.

Valerian (*Valeriana officinalis*) is plant known for its calming effects. Valerian is thought to work through the GABA receptors, which, when activated are known to calm brain activity, resulting in a calming effect (Ref.1). The use of valerian to support healthy sleep and calm has been reported for centuries.

B6: Vitamin B6 (pyridoxine) is a water-soluble vitamin essential in the metabolism of amino acids, glucose, and fatty acids and is important in the production of neurotransmitters (serotonin, epinephrine, norepinephrine, and GABA). It is required by the nervous system and is needed for normal brain function as well as DNA synthesis.

Mg⁺²: Magnesium is a mineral important in energy production. It assists in calcium and potassium uptake in the body. A deficiency in magnesium can interfere in nerve cell firing, resulting in irritability and nervousness. Supplementing the body with magnesium can help with a sense of calmness.

Recommended Use:

As a dietary supplement, take one to four capsules of Restful Sleep 30-60 minutes prior to desired bedtime or as directed by your healthcare practitioner.

Servings per container: 15

4 capsules contain:

- Melatonin (immediate-release) 2.5 mg
- Melatonin (controlled-release) 2.5 mg
- GABA (Pharma GABA™) 100 mg
- Valerian (*Valeriana officinalis*, 0.8% valerenic acid) 600 mg
- Magnesium (glycinate) 100 mg
- Vitamin B6 (pyridoxine HCL) 10mg

Pharma GABA™ is a registered trademark of Pharma Food International.

Other Ingredients: Gelatin capsules (gelatin, water, glycerin), magnesium stearate, silicon dioxide and magnesium silicate.

Certificate of Analysis

This product does not contain wheat, yeast, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**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.**

References:

1. Benke, D., et al. (2009) GABA A receptors as in vivo substrate for the anxiolytic action of valerenic acid, a major constituent of valerian root extracts. *Neuropharmacology* 56(1):174-81.