SYNERGISTIC SUPPORT FOR HEALTHY SLEEP

• Comprehensive, clinical-strength blend of melatonin plus amino acids, botanicals & neurotransmitter precursors.*
• Helps promote restful sleep and healthy circadian rhythm.*
• Offers non-habit forming, natural researched support.*

Proper sleep is an essential cornerstone of health, yet many patients suffer from sleep disturbances that profoundly impact positive quality of life. Chronic sleep disorders are complicated problems with multiple causes—from dietary deficiencies and chaotic lifestyle factors to impaired metabolic and endocrine function—all of which increase patient allostatic load.

Sleep Select® is designed to help support healthy sleep architecture with a unique blend of targeted and broad spectrum support factors. It contains well-researched melatonin, valerian, GABA, L-theanine® and other ingredients studied for their ability to help support healthy circadian rhythms, maintain healthy REM sleep cycles and relax tense muscles without being habit-forming or causing morning grogginess and other side effects associated with pharmaceutical treatments.

MELATONIN is the principal hormone involved in maintaining healthy, natural sleep cycles. Melatonin is secreted by the pineal gland in response to darkness and has been shown to regulate the circadian clock located in the suprachiasmatic nucleus of the hypothalamus. Clinical studies suggest that supplementation with melatonin helps to improve sleep quality and duration and to increase REM (rapid eye movement) stage sleep, during which time dreaming occurs. Adequate REM sleep, associated with positive serotonin levels, is essential for patients to feel rested upon waking.

5-HTP (5-Hydroxytryptophan), endogenously synthesized from tryptophan, is the direct precursor of the calming neurotransmitter serotonin from which melatonin is derived. Serotonin synthesis and release are normally increased in early night and decreased in late night in response to melatonin levels. Supplementation with 5-HTP has been shown to increase production of serotonin in the central nervous system, and to help promote relaxation and healthy sleep.

INOSITOL is a key precursor to the phosphoinositide metabolic pathway that regulates serotonin receptor signaling and has been studied for its calming and anxiolytic effects.

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GABA (Gamma Amino Butyric Acid), the primary inhibitory neurotransmitter in the central nervous system, is associated with promoting overall calmness. Supplementation with GABA has been shown to reduce anxiety and promote relaxation in stressed individuals. Research suggests GABA levels are decreased in people who experience difficulty in falling and remaining asleep.

L-THEANINE is a non-protein amino acid found naturally in the leaves of the tea plant (Camellia sinensis). Both green and black tea contain L-theanine in varying amounts. The researched mood-modulating activity of L-theanine is tied to its interaction with GABA receptors as well as its ability to block the binding of L-glutamic acid to glutamate receptors in the brain. Human and animal studies suggest that L-theanine supplementation can help to prevent sleep disturbances caused by caffeine intake, and to improve sleep quality overall. L-theanine has also been associated with the improvement of concentration and learning ability, both of which are supported by healthy sleep patterns.

HERBAL MEDICINES have been used traditionally for thousands of years to help promote restful sleep cycles. The lead herb in Sleep Select® is Valerian root, suggested in numerous clinical studies to offer effective relief for sleeplessness, improve sleep quality and support alertness upon waking. With the exception of valerian, the herbs in Sleep Select® all are present in low levels, offering true synergistic support for healthy sleep. Hops is a traditional nervine suggested to provide calming benefits, especially when used in combination with Valerian. Passion Flower also acts as a nervine to help calm the nervous system. Sensoril® Ashwagandha extract offers researched adaptogenic, stress balancing benefits. Rhodiola has been shown to help promote restful sleep, while Holy Basil helps the brain cope with noise-induced stress. Jamaican Dogwood bark and California Poppy help provide a mild sedative effect.

CALCIUM & MAGNESIUM MALATES are well absorbed forms of calcium and magnesium, minerals that work together to enable muscle movement and relaxation. Magnesium also helps to support healthy affect and a calm mental state. The calcium and magnesium in Sleep Select® are supplied as highest quality Albion® amino acid chelates for superior uptake potential.

REFERENCES

*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.