

Mineral Blend†

Calcium and magnesium are two minerals that play a major role in supporting a healthy sleep cycle. Magnesium calms the nervous system and has been shown to play a role in the regulation of the HPA axis. Magnesium promotes relaxation by decreasing the activity of glutamate, the primary excitatory (stimulating) neurotransmitter in the brain. Magnesium blocks glutamate from binding to its receptor, allowing for an increase in GABA activity, which activates the sleep cycle. Within the HPA axis, the body's stress response system, magnesium has also been shown to decrease the release of the stress hormone cortisol, following oral magnesium administration.¹¹

Serotonin concentrations in the brain decrease by more than 80% after the onset of darkness. This is when serotonin is converted into melatonin in the pineal gland. Calcium ions are a critical requirement in the synthesis of melatonin.¹² The combination of 5-HTP and calcium in this product provides a significant and natural boost to melatonin levels, aiding in the conversion and activation of this crucial sleep hormone.

Micronutrients†

This product includes essential nutrients that are required cofactors for the synthesis of serotonin and GABA. This includes 5-methyltetrahydrofolate (5-MTHF), vitamin B6 (P-5-P), vitamin C, zinc and magnesium to enhance neurotransmitter synthesis.¹³

Directions

4 capsules taken 1-2 hours before bedtime or as recommended by your health care professional.

Does Not Contain

Gluten, artificial colors and flavors.

Cautions

Do not consume this product if you are pregnant or nursing. Consult with your health care professional for further information.

Supplement Facts ^{v2}		
Serving Size 4 Capsules		
Servings Per Container 15 & 30		
4 capsules contain	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	50 mg	56%
Niacin (as Niacinamide USP)	10 mg	63%
Vitamin B6 (as Pyridoxal-5'-Phosphate)	10 mg	588%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Calcium (as DimaCa® Dicalcium Malate)	250 mg	19%
Magnesium (as DiMagnesium Malate)	150 mg	36%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%
Taurine USP	300 mg	*
5-HTP (5-Hydroxytryptophan) (from Griffonia simplicifolia (Seed))	150 mg	*
Gamma Aminobutyric Acid (PharmaGABA™)	150 mg	*
Phosphatidylserine (from Sunflower Seed)	100 mg	*

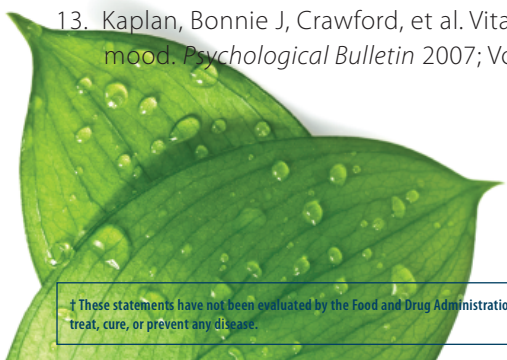
* Daily Value not established



† 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

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