



Deep Sleep Assist

MELATONIN FREE

Directions: Take 3 capsules per day. Best taken 20-30 minutes before bedtime.

Why take this supplement:

These are carefully chosen nutrients and herbs that are scientifically supported for helping to encourage better sleep. These ingredients have been associated with improving time to fall asleep, overall length of sleep time and amount of deep or REM sleep.

Each ingredient plays a special role as described below:

- **Ashwagandha** - This is a key herbal ingredient with scientific studies supporting its benefits in managing the effects of stress. Lowered cortisol (stress hormones), less anxiety, lowered blood sugar, improved testosterone levels in men, better concentration and decreased inflammation markers for arthritis and heart health are recorded in double-blinded studies. Less stress means better sleep!*
- **Rhodiola** - This is considered by science as an “adaptogen” which is shown to increase your body’s resistance to stress, allowing you to better cope with stressful times. Research shows its effectiveness in combatting fatigue and mild depression and improving sleep.*
- **Valerian** - This is a well-known sleep aid and is best taken within 2 hours of bedtime and most associated with helping people fall asleep easier*.
- **Lemon Balm** - Research associates lemon balm with improvements in insomnia*. Lemon balm and Valerian work well together.
- **Theanine** - This is an amino acid found in green tea. It promotes relaxation and sleep with measured decreases in stress and anxiety.*
- **5-Hydroxy-tryptophan** - This is also labelled as 5-HTP and is a step to making serotonin which a key neurotransmitter involved in sleep. It has also been researched in fibromyalgia with positive findings and has been better than medication for migraine relief.*
- **Magnesium Glycinate** - Please see our full sheet on magnesium glycinate as a solo product. It is associated with muscle relaxation and improved sleep with a calming effect on the brain. Recent US research suggests 50% of the population are deficient in magnesium so supplementation is recommended.*
- **GABA** - The research of GABA supplementation shows it has an impact on producing serotonin neurotransmitters (and works well with 5-HTP). Studies show improved ability to fall asleep and longer quality sleep time*.
- This Deep Sleep Assist formula is melatonin-free.

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90 vcaps

Servings Per Container: 30

Serving Size: 3 capsules

Suggested Use: Take 3 capsules, once daily, or as directed.

Ingredients	Dose Per Serving
Ashwagandha 1.5%	180 mg
Rhodiola 3%	75 mg
Valerian 0.8%	300 mg
Lemon Balm 4:1	80 mg
Theanine	100 mg
5-Hydroxytryptophan	75 mg
Magnesium (Glycinate)	200 mg
GABA	250 mg

Cautions:

These are generally well tolerated ingredients in the dose prescribed. Please consult your doctor if you have any specific questions or concerns about your suitability. Do not exceed dosage without consultation.

- Not recommended in pregnancy as Ashwagandha may be associated with early delivery.
- 5HTP has been noted to cause stomach pain or upset in a very small percentage of people.
- GABA may not be recommended with some depression medication, please ask your medical physician if you are using anti-depressant medication.
- No contraindications are known but potential drug interactions may exist, caution is recommended with some chemotherapy medications. It is best to stop taking 2 weeks before surgery or anaesthesia.
- This supplement does NOT contain corn, dairy, gluten, soy, wheat or yeast.

***Please visit our website for more information and research* about these supplements. Quality, affordability and effectiveness are our priorities. Read the research that informs our decisions about what is carefully selected to make up our blends. Each ingredient matters and fulfills our promises that there are no unnecessary fillers in any of our products!**