

# Sleep Support

By Design



## DESCRIPTION

Sleep Support contains key ingredients that support a restful night's sleep.

## FUNCTIONS

Sleep is vital to our mental, emotional and physical functioning. Research has shown that lack of sleep has a negative effect on mood, short-term memory, reaction time, alertness and the immune system. Factors that interfere with sleep include: stress, anxiety, caffeine consumption, alcohol consumption, eating late at night, overstimulation (TV, work, noise), medications (antidepressants, appetite suppressants and decongestants), health conditions (arthritis, hyperthyroidism and indigestion), and sleep apnea. Alternately, there are many lifestyle habits that can promote healthy sleep, such as stopping caffeine consumption after noon, making your bedroom completely dark and avoiding activities that stimulate the brain (such as watching TV) before bed. The ingredients in sleep support provide a broad spectrum of nutrients and herbs plus the hormone melatonin to assist in falling asleep, staying asleep and sleeping deeply. Melatonin, a hormone secreted by the pineal gland, has been shown to regulate the sleep/wake cycle, assist with sleep onset and improve sleep quality. Vitamin B6 is necessary for the production of the neurotransmitter serotonin, the precursor to melatonin. Valerian, a botanical traditionally used to support healthy, sleep facilitates the onset of deep sleep. Passion flower and L-Theanine have been included for their anti-anxiety and anti-stress properties.

## INDICATIONS

Sleep Support may be a useful dietary supplement for those who wish to enhance their ability to fall asleep and sleep soundly.

## FORMULA (WW #10254)

### 1 Capsule Contains:

Vitamin B6 (as pyridoxine HCl) ..... 2 mg  
Magnesium (as carbonate) ..... 50 mg  
Melatonin ..... 1 mg

L-Theanine (from Suntheanine®) ..... 100 mg  
Passion flower aerial extract ..... 100 mg  
(*Passiflora incarnata*)  
(Standardized to 3.5% [3.5 mg] Vitexin)  
Valerian root extract ..... 50 mg  
(Standardized to 0.4% (0.4 mg) Valerenic Acids)

## SUGGESTED USE

Adults take one (1) capsule before bed time or as directed by a healthcare professional.

## SIDE EFFECTS

USE ONLY AT BEDTIME. Not for use by children under 18 years. If pregnant, breastfeeding or using a prescription drug, consult a healthcare professional. Do not take this product if you suffer from an autoimmune disease, depression, diabetes, endocrine disorder, or thyroid condition. Do not use this product while operating a motor vehicle or heavy machinery.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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- Ngan A and Conduit R. A double-blind, placebo-controlled investigation of the effects of *Passiflora incarnata* (passionflower) herbal tea on subjective sleep quality. *Phytother Res.* 2011;25(8):1153-1159.
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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.