

Sleep•Matrix Melatonin

A blend of melatonin, nervine herbs and amino acids to improve sleep latency, duration and quality.

Comprehensive and indicated for a wide variety of insomnia causes and sleep concerns.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- A formula designed to target multiple factors that contribute to insomnia, leading to reduced sleep latency, less waking and improved sleep quality
- Melatonin resets the circadian rhythm and is particularly indicated for shift-workers or individuals wanting to prevent jet lag, capable of improving all sleep parameters
- Nervine herbal extracts of *Valeriana officianalis*, *Passiflora incarnata* and *Melissa officinalis* are included to positively modulate the body's stress response and to calm the nervous system
- Amino acids, GABA and L-theanine, help to acts as an inhibitory neurotransmitters that reduces nervous system excitability, increase alpha-brain waves and decrease the time needed to fall asleep

Poor sleep is encountered by more than 1 in 3 adults at some point during their lifetime, with prevalence and severity only increasing as we age. Many of these individuals resort to over-the-counter medications, pharmaceutical drugs, alcohol or other substance abuse as a means to improving their problematic sleep. Unfortunately, these substances

may just be contributing to the growing list of chronic health concerns that are already linked to ongoing sleep issues such as heart disease, impaired immunity, metabolic dysfunction and even low bone mineral density. **Sleep•Matrix Melatonin** offers an effective, natural solution for your patient's sleep concerns.

Melatonin is the hormone that regulates our circadian rhythm, the cycle that dictates when we should be awake and when we should be asleep. It is naturally produced in the pineal gland and has well-established benefits as a sleep aid supplement. Clinical trials have found that melatonin can reduce the time it takes to fall asleep and improve the ability to stay asleep, increasing total sleep time and restfulness. Melatonin is particularly indicated for individuals that work irregular day and nighttime hours or to prevent jet lag in people that travel often.

Various herbal extracts can support the use of melatonin and also support sleep parameters. One of the best studied herbs for insomnia is ***Valeriana officianalis***, commonly known as valerian root. In vitro data has shown that valerian root may stimulate gamma-aminobutyric acid (GABA) release into the brain and simultaneously block its reuptake.

This may explain why valerian root has shown comparable effectiveness to a benzodiazepine medication for sleep quality after a 4-week intervention, yet with fewer side effects. One meta-analysis examined 16 studies for valerian root on sleep quality, finding a relative improvement in sleep markers of 80% compared to placebo in a subset of trials.

Passiflora incarnata and *Melissa officinalis* are two other calming herbs that have been shown to stimulate GABA receptors and positively regulate stress, respectively. Studies examining *Passiflora incarnata* have shown that even just 7 days of consumption as a tea can improve sleep parameters and that its supplementation can acutely reduce stress. Finally, *Scutellaria lateriflora* is included for its nervine effects and GABA-receptor activation, primarily due to the active ingredient baicalin. In addition to melatonin and herbal extracts, amino acids can play a positive role in alleviating insomnia. GABA is a well-known inhibitory neurotransmitter that has been found to relax the mind and reduce the amount of time it takes to fall asleep. Likewise, **L-theanine** is a single amino acid, naturally found in green tea, that is well-known to calm the mind and improve focus. Research has found that L-theanine can increase levels of various neurotransmitters in the brain, such as serotonin, dopamine and GABA, while also blocking excitatory glutamate receptors. Ultimately, L-theanine increases alpha-brain waves and improves stress markers such as heart rate, blood pressure and salivary immunoglobulin A.

Each of these aforementioned ingredients are included in **Sleep-Matrix Melatonin** to address multiple possible causes of poor sleep in individuals suffering from insomnia. **Sleep-Matrix Melatonin** is an evidence-based blend that is indicated for increasing sleep latency, duration and quality.

Each capsule contains

Lemon balm (herb top, <i>Melissa officinalis</i>) standardized to 5% rosmarinic acid*	125mg
L-theanine	100mg
Valerian (root, <i>Valeriana officinalis</i>) standardized to 0.8% valerenic acid	56mg
GABA (4-Aminobutyric acid)	50mg
Passionflower (herb top, <i>Passiflora incarnata</i>) 10:1 extract equivalent to 500mg of dry herb top*	50mg
Skullcap (herb top, <i>Scutellaria lateriflora</i>)*	50mg
Melatonin (N-acetyl-5-methoxytryptamine)	2mg



*PhytoProof® is a registered trademark of Euromed USA, Inc.

Non-Medicinal Ingredients

Carnauba wax, hypromellose, magnesium stearate, microcrystalline cellulose, sodium alginate.

Recommended Use Claim

Helps to speed up the time it takes to fall asleep in people who fall asleep slowly. Helps to temporarily promote relaxation. Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work and jet lag). Helps re-set the body's sleep-wake cycle and prevent or reduce the effects of jet lag (e.g. daytime fatigue, sleep disturbance).

Directions of Use

Adults (18 years and older) - Take 1 to 2 capsules per day. Take a single dose 30 to 60 minutes at or before bedtime. Take an earlier dose during the evening if necessary. For Jet Lag: Take once a day at bedtime, while travelling, and at destination until adapted to the new time zone/or daily pattern. Consult a healthcare professional for use beyond 4 weeks.

Cautions and Warnings

Do not use this product if • you are pregnant • you are breastfeeding. Do not • drive or use machinery for 5 hours after taking melatonin. Ask a healthcare professional prior to use if you have • cardiovascular disease • immune disease • liver disease • chronic kidney disease • hormonal disorders • seizure disorders • asthma • depression • diabetes • low blood sugar • migraines. Ask a healthcare professional prior to use if you are taking • steroids • blood thinners • medications for seizures • medications for blood pressure • medications to suppress the immune system (immunosuppressive medications). Ask a healthcare professional prior to use if you are taking medications to • affect mental state • increase sedation. Ask a healthcare professional if • symptoms persist or worsen • sleeplessness persists continuously for more than 4 weeks (chronic insomnia). Stop use if • hypersensitivity/allergy occurs • you experience headaches, confusion or nausea. When using this product • some people may experience drowsiness • avoid taking with alcohol or products that increase drowsiness • consumption with alcohol or other medications or health products with sedative properties is not recommended. Exercise caution if operating heavy machinery or driving a motor vehicle or involved in activities requiring mental alertness. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.