

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.

Each capsule contains:

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



60 vegetable capsules

Vegan. GMO, gluten, soy and dairy free.

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 officinalis*, 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

Key points

- 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

Related products

Sleep-Matrix Ashwagandha
Cyto-Theanine
GABA
Magnesium Sleep-Matrix
Melatonin SR 3mg
Melo-Matrix
Relax Matrix

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. 60 vegetable capsules per bottle.

Directions: Adults - Take 1 to 2 capsules per day or as directed by a healthcare professional. 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.

Duration of Use: Consult a healthcare professional for use beyond 4 weeks.

Non-Medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, maltodextrin. Capsule: hypromellose.

Indications: Helps to speed up the time it takes to fall asleep in people who fall asleep slowly and 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).

Contraindications: Do not use this product if you are pregnant or breastfeeding. Do not drive or use machinery for 5 hours after taking melatonin.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are taking medications to suppress the immune system (immunosuppressive medications) or to affect mental state or increase sedation, steroids or blood thinners, or if you have cardiovascular, immune, liver or chronic kidney disease. Consult a healthcare professional prior to use if you are taking medications for seizure or blood pressure, if you have hormonal or seizure disorders, asthma, depression, diabetes, low blood sugar, or migraine. Consult a healthcare professional if symptoms persist or worsen or if sleeplessness persists continuously for more than 4 weeks (chronic insomnia). Consumption with alcohol, other medications or health products with sedative properties is not recommended.

Known Adverse Reactions: Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Stop use if hypersensitivity/allergy occurs or if you experience headache, confusion, or nausea.



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