



DrEl

Sleep Benefits

Sleep Benefits provides nutrient and botanical support for optimal sleep and healthy circadian rhythms.* This formula boasts clinically relevant levels of melatonin and direct support for the neurotransmitters associated with tranquility and relaxation.*

With just five simple ingredients, **Sleep Benefits** provides multiple avenues for sleep support.

About the Ingredients:

Sensoril® Ashwagandha

In order to truly support long term balance of the sleep cycle, it is essential to support the circadian rhythm, which is accomplished effortlessly by the evidence-based Sensoril® Ashwagandha included in **Sleep Benefits**.* This ingredient contains active constituents called glycowithanolides, which mimic certain corticosteroids, supporting healthy cortisol levels.*

Suntheanine® L-Theanine

Suntheanine® is 100% pure L-theanine in a patented, pharmaceutical grade form. L-theanine enables the body to produce other calming amino acids, such as dopamine, GABA and Tryptophan and helps support concentration, focus, deep muscle relaxation and improved quality sleep.*

Lemon Balm

Lemon balm has traditionally been used to not only support a healthy stress response, but also to promote healthy sleep habits.* This particular lemon balm extract is standardized to 6% rosmarinic acid and combines the power of herbals with an innovative bioassay-guided technology. In clinical research, lemon balm has been shown to support a calm, positive mood, memory, focus and learning. It supports levels of GABA through supporting normal GABA transaminase inhibition, acts as receptor agonists for Muscarinic M1, thereby exerting supportive effects on the CNS, and supports normal cortisol levels.*

GABA

GABA is one of the most abundant neurotransmitters in the CNS. As a supplement, it acts as a neurotransmitter to support normal nerve transmission and relaxation in the brain.*

Melatonin

Melatonin plays an important role in when we fall asleep and when we wake up. Darkness stimulates the release of melatonin and light suppresses its activity. Normal melatonin cycles are disrupted when we are exposed to excessive light in the evening or too little light during the daytime. Melatonin supports sleep onset, quality of sleep, increased Rapid Eye Movement time, deep sleep and dreaming.* These changes demonstrate better quality sleep, which produces greater mental, physical and emotional rejuvenation.* Melatonin can decrease the amount of time required to fall asleep, increase the number of sleeping hours and support daytime alertness.* Melatonin may improve quality of life in those who suffer from insomnia.* Melatonin supports sleep quality to help balance sleep/wake cycles and maintain normal physical and mental health, including positive mood states.*

SUPPLEMENT FACTS

Serving Size 2 Capsules

GABA (Gamma-Aminobutyric Acid)	500 mg
Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root and Leaf Extract	250 mg
<i>Melissa officinalis</i> (Lemon Balm Extract)	150 mg
L-Theanine (Suntheanine® Brand)	100 mg
Melatonin	5 mg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: This product may cause drowsiness; use caution in operating automobiles and heavy machinery. Do not take with alcohol as drowsiness can increase. Discontinue use 2 weeks prior to surgery.

Suggested Use: As a dietary supplement, take 2 capsules before bedtime, or as directed by your healthcare practitioner.



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