

TECHNICAL DATA SHEET

Sleep Easy Formula



Insomnia is a condition that affects over 50 million people at least three times a month. Sleep Easy formula promotes mental calmness and settles the central nervous system, resulting in a more restful, refreshing and deeper sleep. The biochemical pathway for the serotonin production requires the amino acid tryptophan, which is often deficient in those plagued with sleep disorders. This unique combination of amino acids, Chinese and traditional herbs, along with melatonin and magnesium, contain the nutritional support to promote a better sleep experience.

INGREDIENTS

5-Hydroxytryptophan (5-HTP)

5-HTP is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. In clinical studies, administration of 5-HTP increased serotonin (1). The enzyme tryptophan hydroxylase adds a hydroxyl group (OH) to tryptophan, forming the 5-HTP intermediate. In the body, it converts to serotonin with the removal of a carboxyl group (COOH) by a second enzyme. Increased serotonin levels facilitate sleep and support positive mood regulation. Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and sleep/wake cycles.

L-Theanine

Theanine is the major amino acid found in green tea that has been recognized for promoting relaxation and stress reduction. L-theanine was found to cross the blood brain barrier and enhance alpha wave production in the occipital and parietal regions of the brain (2).

Melatonin

Melatonin is a hormone produced by the pineal gland, the organ that regulates the body's sleep/wake cycle. The hormone is secreted in a circadian rhythm by enzymes which are activated by darkness and depressed by light (3). Clinical studies show melatonin facilitates sleep, shortens the time needed to go to sleep, reduces the number of night awakenings and improves sleep quality.

Magnesium

Magnesium is involved with more than 300 enzyme systems as well playing an essential role in more than 300 cellular reactions (4). Our bodies contain 25 grams (less than one ounce) of magnesium. Insomnia is a widely recognized symptom of magnesium deficiency.

Kava Kava

The applicable parts of kava are the rhizome, root and stem whose pharmacological activity has been largely been attributed to kava-lactones (also known as kavapyrones). Kava has been found to have a variety of pharmacological effects and evidence suggests the sedative affects may be due to an increase in the number of GABA binding sites (5).

Hops

The applicable parts of hops are the dried, female flowering part (stobile). Nine flavanoids have been isolated from hops. Orally hops have been used successfully for restlessness, anxiety, insomnia and other sleep disorders.

Passionflower

The applicable parts of passionflower are the above ground parts. Passionflower contains several active constituents, including the flavanoids apigenin, luteolin, quercetin, kaempferol, and vitexin. Passionflower has sedative, hypnotic, anxiolytic (dispells anxiety), and antispasmodic effects (6).

Valerian Root

The applicable part of valerian is the root. Valerian is reported to have sedative-hypnotic, anxiolytic, antidepressant, anticonvulsant, and antispasmodic effects (7). Valerian constituents inhibit the enzyme system responsible for the central catabolism of GABA, increasing GABA concentrations and decreasing central nervous system (CNS) activity (8).

Jujube and Yuan Zhi

Jujube and Yuan Zhi are two Oriental herbal nerve tonic medicines that promote a more restful and uninterrupted sleep. In combination, they appear to work synergistically to shorten the time interval to get to sleep as well as positively affecting delta brain wave activity that indicates a deeper and more restful sleep.

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This formula is designed to be safely used with Ultra High Formula.

Sleep Easy Formula

Quantity: 60 capsules

Serving size: 1 capsule

Directions: 1 or 2 capsules, 30 minutes before bedtime, or as directed by your healthcare professional.

Each capsule contains:

Magnesium (as Citrate)	75 mg
Valerian Root Concentrate (4:1)	150 mg
Hops Flower Concentrate (4:1)	100 mg
Passion Flower Concentrate (4:1)	100 mg
5-HTP (5-Hydroxytryptophan)	25 mg
Kava Kava Root Extract (30% Kavalactones) (rhizome & root)	25 mg
Jujube Concentrate (8:1) (fruit)	25 mg
L-Theanine	25 mg
Yuan Zhi Concentrate (12:1) (root)	25 mg
Melatonin	1 mg

Other ingredients: Vegetarian capsules

Contains No: wheat, dairy, soy, corn or preservatives. No binders, fillers, or flowing agents.

Patients: Consult with your healthcare professional for the proper dosage and use of this formula.

For information about this and other Condition Specific Formulas®, please visit our website at:

www.mpn8.com



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