RxBALANCE™

Nature and science in perfect balance.

Sleep Factors

VEGETARIAN FORMULAS

PRODUCT INFORMATION

Product Name:
Sleep Factors

Galenic Form:
Clear vegetable cellulose capsule

Format:
45 Vegetable capsules

Ingredients:
Each capsule contains:

Seditol® ..... 365 mg

A proprietary blend of:

Magnolia (*Magnolia officinalis*) bark extract* .. 42 mg

Jujube (*Ziziphus spinosa*) seed extract ..... 227 mg

L-Theanine (Suntheanine®) ..... 100 mg

5-HTP (L-5-hydroxytryptophan) ..... 25 mg

*U.S. Patent No. 6,814,987

Non-medicinal ingredients:
Cellulose, stearic acid (vegetable source), silicon dioxide, dextrin, hypromellose.

This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours, or preservatives.

Formula Rationale:
RxBalance™ Sleep Factors is a safe and effective product that combines Seditol®, 5-HTP, and L-Theanine to improve sleep quality and provide relief from sleeplessness and stress-related sleep disturbances, without the risk of becoming habit forming.

The main ingredient in Sleep Factors is Seditol®, a proprietary blend of a patented extract from magnolia bark (*Magnolia officinalis*) and an extract from jujube seed (*Ziziphus spinosa*). These herbs uniquely improve nighttime sleep quality by helping to decrease the levels of the stress hormones ACTH and cortisol, providing a feeling of relaxation and freedom from anxiety. These herbs have been used together in Traditional Chinese Medicine. As is often the case with natural medicines, botanicals with similar endpoints but different mechanisms of action complement one another when combined, safely increasing their effectiveness.

Impressive animal and in vitro data have demonstrated that Magnolia and Ziziphus possess anxiolytic (antianxiety) and sedative properties. The active compounds in Magnolia are honokiol and magnolol, which help to relax muscles and calm the nervous system by lowering the levels of stress hormones. Ziziphus, which has been used in traditional medicine for treating anxiety and insomnia, has been shown to reproduce the same anxiolytic and sedative effects as the prescription medications buspirone and diazepam. In a 45-person research study, 91% of the participants reported that Seditol® helped ensure a good night's sleep, and 89% said that it left them feeling refreshed the following morning.

Sleep Factors also contains L-Theanine, an amino acid that is found in the leaves of green tea, which functions as a nonsedating relaxant. L-Theanine increases the brain's production of alpha-waves, which promote relaxation, decreasing anxiety and improving mental focus and concentration. In a study with human volunteers, alpha-waves were generated on the occipital and parietal regions of the brain surface within 40 minutes after the oral administration of theanine (50–200 mg), signifying relaxation without causing drowsiness.

The third ingredient in Sleep Factors is 5-HTP (L-5-hydroxytryptophan), a calming neuronutrient that is produced in our body after we eat foods that contain the essential amino acid tryptophan. Naturally sourced from the seed of the *Griffonia simplicifolia* plant, 5-HTP is a precursor to the neurotransmitter serotonin, and it is clinically proven to improve mood, promote relaxation, and balance sleep patterns. Although serotonin is not a hormone, it is sometimes referred to as a "happiness hormone," because it is responsible for our feelings of well-being. When serotonin levels are depleted, our natural body rhythms are disturbed and we can experience depression and other psychological disturbances, such as anxiety, sleeplessness, moodiness, fatigue, poor concentration, and low self-esteem. 5-HTP naturally increases serotonin levels and supports calmness, relaxation, good sleep, and overall well-being.

Primary indication(s):
Improves the quality of sleep and mitigates sleeplessness and sleep-related disturbances

Recommended dosage:
Adults take 1 to 2 capsules about one hour before sleeping, or as recommended by a health care practitioner. For some, maximum effectiveness may occur only after several days.

Complements:
Relora-Plus®, Magnesium Bisglycinate

Caution:
Do not use if you have scleroderma. Consult a health care practitioner before use if you are pregnant or breastfeeding, or if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethione (SAMe), St. John's wort, antidepressants, pain killers, over-the-counter cough and cold medications containing dextromethorphan, antinausea medications, and antimigraine medications. Consult a health care practitioner if symptoms persist or worsen. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain, or if you experience skin changes. Some people may experience diarrhea, nausea, vomiting, abdominal pain, or drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or if involved in activities requiring mental alertness. Keep out of reach of children.

Dr. Crisafi's comments:

Sleep is essential to the regeneration process. Anyone who wishes to prevent illness or is already ill needs to increase their sleep, or increase the quality of their sleep if it is not restful. From immunity to fatigue, inflammation, allergies and degenerative diseases, sleep is a non-negotiable part of the healing process.

Unfortunately, sleep disorders have increased significantly in the last quarter century.

Until recently (recently in the history of humanity) individuals would set themselves to sleep with the sun and rise with sun as well. Unfortunately, our modern lifestyle and the advent of efficient lighting have forced us to do violence to this natural rhythm. This change in the amount of activity that is supported by natural light has led to what has been termed SAD (seasonal affective disorder), to a reduction in the quality of sleep as well as to insomnia. Stress, and the anti-physiological way we deal with it (in most cases we can no longer fight or flee) has also demonstrated its negative impact on the quality of sleep.

Sleep Factors is a safe and effective formula that combines Seditol®, 5-HTP, and L-theanine to improve sleep quality and provide relief from sleeplessness and stress-related sleep disturbances, without the risk of becoming habit forming.

Sleep factors improves the deep recuperative REM (rapid eye movement) sleep, promotes relaxation and helps counter-balance changes in the circadian rhythm.

At our clinic we have use the blend of Seditol and 5-HTP with a certain number of target individuals. These included persons with sleep difficulties due to stress (we then also added magnesium biysglycinate), individuals who work on shifts and insomniacs who were not responding to valerian or to 5-HTP alone. Individuals who were sleeping a normal amount of hours without feeling refreshed also benefited from the combination.

Other individuals who have responded very well to this combination are those with SAD.

The formula has the advantage of not being habit forming, not causing drowsiness and improving deep, restful (REM) sleep.

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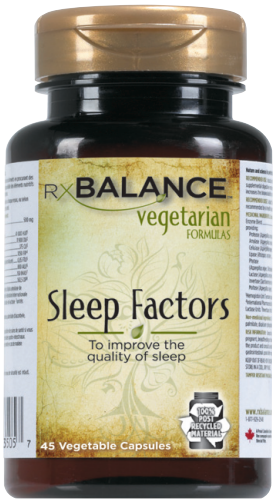

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