

Improves the quality of sleep and mitigates sleeplessness and sleep-related disturbances

RxBalance™ Sleep Factors is a safe and effective formula that combines Seditol®, a herbal formula that decrease the stress hormones cortisol and ACTH; L-theanine, an amino acid that increases the brain's production of alpha-waves, promoting relaxation; and 5-HTP, which the body uses to produce the neurotransmitter serotonin, which promotes relaxation and balances sleep patterns.

Ingredients: Medicinal

Each capsule contains:

Seditol®	365 mg
providing:	
Magnolia (<i>Magnolia officinalis</i>) bark extract*	42 mg
Jujube (<i>Ziziphus spinosa</i>) seed extract	227 mg
L-Theanine (Suntheanine®)	100 mg
5-HTP (L-5-hydroxytryptophan)	25 mg

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

Ingredients: Non-medicinal

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.

Recommended Use

Improves the quality of sleep and mitigates sleeplessness and sleep-related disturbances.

Recommended Dose

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.

Risk Information

Do not use if you have scleroderma. Consult a health care practitioner before use if you are pregnant or breastfeeding. 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.

Interactions with Drugs/Supplements

Consult a health care practitioner if taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan; S-adenosylmethione (S-AMe); St. John's wort;

antidepressants; pain killers; over-the-counter cough and cold medications containing dextromethorphan, antinausea medications; and antimigraine medications.

Dosage Form Description

Vegetable capsule

Packaging

Available in bottles of 45 vegetable capsules.

Stability

Shelf life of 3 years when stored in a cool, dry place.

Ingredient Description

Rx Balance™ Sleep Factors is a safe and effective formula that combines Seditol®, L-theanine, and 5-HTP to improve sleep quality and provide relief from sleeplessness and stress-related sleep disturbances. Seditol® is 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.

L-Theanine is an amino acid that is found in the leaves of green tea and that functions as a non-sedating relaxant. L-theanine increases the brain's production of alpha-waves, which promote relaxation, decrease anxiety and improve mental focus and concentration.

5-HTP (L-5-hydroxytryptophan) is a calming neuronutrient that is produced in the body after we eat foods that contain the essential amino acid tryptophan. 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.



Reason for Combination

The ingredients in Rx Balance™ Sleep Factors, Seditol®, L-theanine, and 5-HTP, complement one another to safely promote calmness, relaxation, and improve sleep quality without the risk of becoming habit forming. The herbs *Magnolia officinalis* and *Ziziphus spinosa* in Seditol® have been used together in Traditional Chinese Medicine, complementing one another to safely increase the effectiveness of each herb. The amino acid L-theanine promotes a relaxed state by increasing the production of alpha-waves in the brain. The 5-HTP in this formula increases serotonin levels and supports calmness, relaxation, good sleep, and overall 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.

Research Synopsis

1. 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.^{3,5,8-11}
2. 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.⁴
3. 5-HTP has been shown to easily cross the blood-brain barrier and effectively increase central nervous system synthesis of serotonin, and therapeutic administration of 5-HTP has been shown to be effective in treating a wide range of conditions, including depression, fibromyalgia, binge eating associated with obesity, chronic headaches, and insomnia.¹
4. A study reported in the *European Journal of Pediatrics* concluded that treatment with 5-HTP is able to modulate arousal level in children and to induce a long-term improvement in sleep terrors.²

References

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PRODUCT CODE: 403 920 - 45 Vegetable Capsules

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