

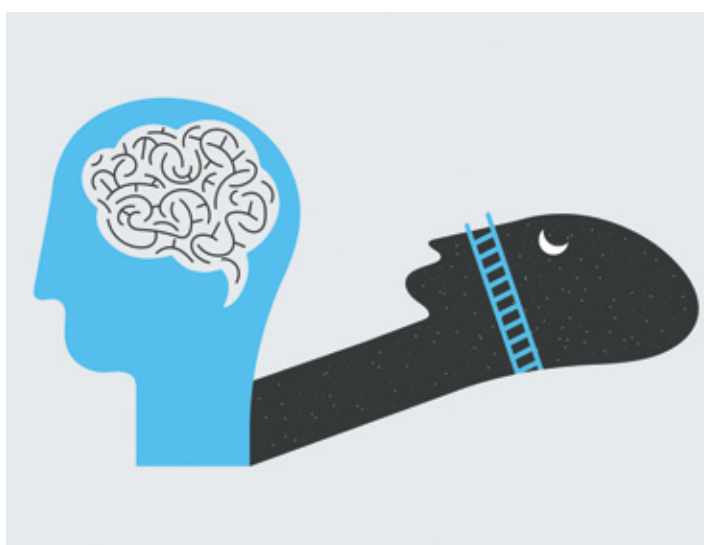
Sleep

oral spray



Sleep is an oral spray food supplement based on GABA, theanine, 5-hydroxytryptophan and humulus lupulus useful for promoting a peaceful rest and for relieving anxiety and stress.

- ▲ **SUPPORTS FALLING ASLEEP**
- ▲ **REDUCES NIGHTTIME AWAKENINGS**
- ▲ **HELPS MENTAL RELAXATION**
- ▲ **SUPPORTS NIGHT WELLNESS**



ACTIVE INGREDIENTS

- ▲ **GABA**
- ▲ **Theanine**
- ▲ **5 hydroxytryptophan from griffonia 25%**
- ▲ **Humulus lupulus d.e. or fluid**

DOSAGE

4 puffs per day

METHOD OF USE

spray 4 puffs directly into the mouth, preferably just before bedtime

PACK SIZE

30 ml bottle

INGREDIENTS

Water, GABA, Theanine, 5 hydroxytryptophan, humulus lupulus d.e., sweetener, natural flavoring, preservative

The importance of sufficient rest

Human adults spend on average a third of their life sleeping. During sleep, **the body's physiological functions slow down.**

Our body temperature drops, our metabolism slows down, our blood pressure stabilizes, and **tissues regenerate.**

An adequate period of sleep has been shown to be important for **memory, problem-solving**, and it makes us more alert and attentive. While it is true that afternoon naps can be a valuable support, it is essential to get a **good night's sleep.**

Sleep Disorders: How common are they?

In Italy, about **9 million** people suffer from **chronic sleep disorders**, while 45 percent complain of acute or simply transient insomnia.

This is a significant problem, which can lead to **tiredness, drowsiness, concentration and memory deficits** in the following day, as well as anxiety and **mood disorders.**

But that is not all. Chronic lack of sleep can trigger other pathologies - these include diabetes, hypercholesterolemia and obesity. Furthermore, insomnia is one of the causes of cardiocirculatory disorders, such as stroke and heart attack.



VEGAN



GLUTEN FREE



CAFFEINE FREE



LACTOSE FREE



HIGH QUALITY
RAW MATERIALS

Sleep better, live better

Underlying poor sleep quality may be factors that alter the normal sleep-wake rhythm. These factors can be:

- ▼ ANXIETY
- ▼ LOWERED MOOD TONE
- ▼ MUSCULAR TENSION AND RESTLESS LEG SYNDROME
- ▼ DEPRESSION



For a complete approach, scientific research by the Swiss pharmaceutical company **Conrad Swiss** has produced **SLEEP**, a product designed for nocturnal relaxation thanks to the presence of:



L-THEANINE

Chemical derivative of glutamic acid, an important neurotransmitter at a central level. Theanine is known to regulate various brain functions including the increase in GABA, dopamine and serotonin which together attribute an effect on **nighttime relaxation and mood, promoting a more peaceful rest.**

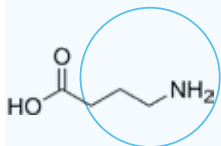
A double blind study showed that Theanine may reduce an elevated heart rate and other physiological stress reactions in a stressful situation(1). In another human study, a functional beverage containing 200mg Theanine produced mental relaxation, as measured by EEG, and the participants reported less fatigue as compared to placebo (2)



HUMULUS LUPULUS e.s.

This plant belongs to the Cannabaceae family. In vitro studies showed the interaction of some components of hops with specific receptors in the CNS with functions related to stress, relaxation, circadian rhythms and sleep. Complete the formulation of SLEEP for its **sedative properties on the state of anxiety and stress that prevent nighttime relaxation.**

In a double-blind study carried out on 42 subjects, it was shown that the administration of 400 mg / day of the dry extract of hops for 4 weeks led, compared to placebo, to a more significant reduction in the state of anxiety, depression and stress. (3)



GABA

γ -aminobutyric acid is a γ -amino acid, the main inhibitory neurotransmitter of the central nervous system whose role is to reduce emotional tension and limit the increase in stress towards the excitomotor areas of the brain.

Anxiety, stress, episodes of depression or insomnia can be caused by a **deficiency in the level of GABA receptors.** Therefore, it can be beneficial in times of need.

Several reports have shown that GABA might affect brain protein synthesis, improve many brain functions such as memory and study capability, lower the blood pressure of spontaneously hypertensive rats, and may also have a relaxation effect in humans.

Another single blind study on 63 adults showed that GABA might have alleviated the stress induced by mental tasks.(4)



5 HYDROXYTRYPTOPHAN

Present in large quantities within the seeds of Griffonia simplicifolia, it is an amino acid derivative obtained from tryptophan. It is a precursor of serotonin, a neurotransmitter of vital importance for the well-being of the whole organism. Serotonin is in fact involved in numerous physiological functions, such as the **regulation of mood, sleep and appetite.** Its intake is useful for counteracting insomnia, in particular **by increasing the REM phase and improving the quality of sleep.**

- 1 Kimura K, Ozeki M, Juneja LR, Ohira H. L-Theanine reduces psychological and physiological stress responses. *Biol Psychol.* 2007 Jan;74(1):39-45.
- 2 Song CH, Chung KI, Song SW, Kim KS. The Effects of L-theanine Containing Functional Beverage on Mental Relaxation and Fatigue Perception. *J Korean Acad Fam Med.* 2002;23(5):637-645
- 3 Kyrrou I, Christou A, Panagiotakos D, Stefanaki C, Skenderi K, Katsana K, Tsigos C. Effects of a hops (*Humulus lupulus* L.) dry extract supplement on self-reported depression, anxiety and stress levels in apparently healthy young adults: a randomized, placebo-controlled, double-blind, crossover pilot study. *Hormones (Athens).* 2017 Apr;16(2):171-180. doi: 10.14310/horm.2002.1738. PMID: 28742505.
- 4 Yoto A, Murao S, Motoki M, Yokoyama Y, Horie N, Takeshima K, Masuda K, Kim M, Yokogoshi H. Oral intake of aminobutyric acid affects mood and activities of central nervous system during stressed condition induced by mental tasks. *Amino Acids* 43: 1331-1337 (2012)