

# Sleep Perfect Formula

*Natural Option for Natural Sleep*

## DESCRIPTION

Sleep Perfect Formula provides an innovative blend of nutrients that promote soothing and restful sleep. The non-habit-forming ingredients were specifically chosen to promote healthy circadian rhythms and help relax tense muscles. While most prescription medications can cause morning sleepiness, Sleep Perfect Formula is designed to provide individuals with restful slumber and a rejuvenated body upon awakening.

## FUNCTIONS

Melatonin is the principle hormone responsible for healthy circadian rhythm and normal sleep cycles. Low levels of melatonin are found in individuals who have difficulty falling and remaining asleep, such as the elderly and individuals with fluctuating or abnormal sleep patterns. Individuals with conditions associated with low serotonin, including chronic pain disorders and mood disturbances, may also have decreased melatonin levels.

The amino acid tryptophan is endogenously converted to 5-HTP, one of the active ingredients in Sleep Perfect Formula and the immediate precursor to both serotonin and melatonin. Deficiencies in tryptophan have been shown to reduce serotonin production leading to mood disturbances, memory impairment, aggression, and sleep problems. 5-HTP has the ability to cross the blood brain barrier to increase CNS production of both serotonin and melatonin.

Also included in the formulation are GABA (Gamma Amino Butyric Acid) and L-Theanine. GABA is the primary inhibitory neurotransmitter in the CNS and promotes overall calmness and relaxation. L-Theanine is a non-protein amino acid found naturally in green tea. L-Theanine also has mood-modulating activity believed to be through its direct effects on GABA receptors.

Sleep Perfect Formula contains calming botanicals that help support soothing and restful sleep. Valerian (*Valeriana officinallis*) is a popular herb used as a natural sleep aid. Its popularity is due to the fact that most people do not experience the morning sleepiness with valerian that is common with prescription sleep medications. Sleep Perfect Formula also provides a significant dose of nervine herbs such as passion flower (*Passiflora incarnate*), chamomile (*Matricaria recutita*) and hops (*Humulus lupulus*).

Magnesium (Amino Acid Chelate) is an essential mineral and is responsible for hundreds of reactions in the body. When taken, they improve muscle contraction and relaxation, cellular energy production, and nerve cell conduction. These essential minerals can have spasmodic effects on tight, tense muscles, promoting an undisturbed and comfortable slumber.

## INDICATIONS

Sleep Perfect Formula is a comprehensive, non-habit-forming formula of amino acids, botanicals, and melatonin that can promote a healthy and soothing sleep.

## FORMULA (WW #10338)

### 2 Capsules Contain:

|   |        |
|---|--------|
| Magnesium (as magnesium amino acid chelate) .....                 | 40 mg  |
| Valerian root extract 4:1 ( <i>Valeriana officinallis</i> ) ..... | 120 mg |
| GABA (gamma amino butyric acid) .....                             | 100 mg |
| Inositol .....  | 100 mg |
| L-Theanine .....  | 100 mg |
| 5-HTP (as <i>Griffonia simplicifolia</i> seed extract) .....      | 40 mg  |
| Chamomile flower ( <i>Matricaria recutita</i> ) .....             | 40 mg  |
| Hops strobile extract 4:1 ( <i>Humulus lupulus</i> ) .....        | 40 mg  |
| Passion flower extract 4:1 ( <i>Passiflora incarnate</i> ) .....  | 40 mg  |
| Melatonin .....   | 3mg    |
| Other Ingredients: Cellulose and silica.                          |        |

## SUGGESTED USE

Adults take 1-2 capsules 30-45 minutes before bed or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

**Good Life Pharmacy**

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