



# Sleep & Calm Essential

SUPPORTS HEALTHY, RESTORATIVE SLEEP

MOOD AND ENERGY STABILITY\*  
NEUROHORMONAL BALANCE\*



## SLEEP & CALM ESSENTIAL

**Sleep & Calm Essential** enhances restful, healing sleep by restoring healthy brain chemistry. Regain sleep that refreshes, revitalizes and reenergizes mind and body. With **Sleep & Calm Essential** you naturally rebuild resilience. A safer, natural alternative to habit-forming pharmaceuticals, **Sleep & Calm Essential** boosts the body's own production of serotonin, the brain chemical that says "Ah... we can handle this." When the sleep center operates properly, renewing rest occurs. Start **Sleep & Calm Essential** for improved quality of sleep and quality of life.\*

### Benefits of Sleep & Calm Essential All-Active Formulation:

- Restorative sleep\*
- Healthier REM deep sleep rhythms\*
- Mood and energy stability\*
- Neurohormonal balance\*
- Premenstrual and perimenopausal hormone balance\*

## ADVANCED FORMULA AND BENEFITS

### L-Tryptophan

Tryptophan is an essential amino acid that produces a mood-enhancing neurotransmitter called serotonin. When the body is deficient in tryptophan, it also lacks serotonin. This can inhibit sleep and trigger numerous physical and/or mental disorders. Tryptophan deficiencies are associated with depression, insomnia, premenstrual syndrome, schizophrenia, attention deficit disorders and autism-spectrum disorders. Adequate levels of tryptophan are essential for biochemical balance of the brain. **Sleep & Calm Essential** uses only the highest-quality, pharmaceutical-grade L- tryptophan, plus key transport enhancer nutrients, for the most effective results.\*

### L-Tryptophan to Manage:

- Attention deficit disorder / hyperactivity disorder (ADD / ADHD)\*
- Autism Spectrum Disorder (ASD)\*
- Mild to moderate depression\*

## L-Tryptophan vs. 5-HTP

**Sleep & Calm Essential** uses L-tryptophan – and synergistic ingredients – in their most beneficial, safe and natural forms. By contrast, many sleep supplements use 5-HTP, a downstream metabolite of tryptophan. While both 5-HTP and tryptophan cross the blood brain barrier and convert to serotonin and melatonin, tryptophan is safer, healthier and has a sustained effect. The body can also transform tryptophan into other helpful compounds within the body, like niacin which is helpful in maintaining healthy sleep cycles.\*

## Additional 100% All-Active Ingredient Features

**Sleep & Calm Essential** uses nutrients only in their most bioavailable, natural and beneficial forms. **Sleep & Calm Essential** delivers the active forms of vitamins B2 (riboflavin 5'-phosphate) and B6 (pyridoxal 5'-phosphate) – essential cofactors that maximize the absorption and

benefits of L-tryptophan and strengthen its sleep- and mood-enhancing properties. In cases of mild-to-moderate depression, we recommend combining **Sleep & Calm Essential** with **Brain Detox**, for maximum mood-enhancing benefit.\*

**Note:** Stay well-hydrated and avoid eating protein two hours before bedtime so the stomach can absorb and metabolize the L-tryptophan in **Sleep & Calm Essential** most efficiently.

## REFERENCES

1. Hartmann E. 1982-1983. "Effects of L-tryptophan on Sleepiness and On Sleep." *J Psych Res.* 17(2):107-113.
2. Riemann D, Feige B, Hornyak M, Koch S, Hohagen F, Voderholzer U. March 15, 2002. "The Tryptophan Depletion Test: Impact on Sleep in Primary Insomnia—a Pilot Study." *J Psych Res.* 109(2):129-135.
3. Gendall KA, Joyce PR. September 2000. "Meal-induced Changes in Tryptophan:LNA Ratio: Effects on Craving and Binge Eating." *Eating Behaviors.* 1(1):53-62.

**Directions:** One capsule daily about 30 min before bedtime, or as recommended by a healthcare professional.

### SUPPLEMENT FACTS

Serving size: 1 Vegetable Capsule

Servings per container: 90 or 180

Energized Nutrients	Amount per serving	% Daily Value
Riboflavin (as Riboflavin 5'-Phosphate).....	3 mg	231
Vitamin B-6 (as Pyridoxal 5'-Phosphate).....	3 mg	176
L-Tryptophan.....	500 mg	*
Silica (Equisetum botanical).....	4 mg	*
Croscarmellose.....	3 mg	*
C16 & C18 alkyls <sup>†</sup> .....	5 mg	*
Vegetable Capsule.....	120 mg	*

<sup>†</sup>From whole untreated palm fruit and leaf

\*Daily value not established

Other Ingredients: None

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\*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.