

Sleep Complex

Natural support for quality sleep



DESIGNS
FOR SPORT™

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Our bodies require a good night's sleep for optimal performance during the day. Sleep Complex is a formulary blend of botanicals and nutrients designed to support quality sleep and promote calm brain activity. It is ideal for those who occasionally have difficulty getting to sleep, or staying asleep through the night.*

SLEEP AND ATHLETIC PERFORMANCE:

Often under-recognized, sleep is one of the best strategies an athlete can implement to optimize recovery. Poor sleep affects hormone balance, brain health and cognition, increases your risk of cardiovascular disease and diabetes, and can cause mood disturbances.

CONSEQUENCES OF SLEEP DEPRIVATION:

For the athlete and those focused on fitness capacity, sleep can affect many aspects of performance.

ACCURACY AND REACTION TIME:

Over 53% decrease in accuracy and reaction time (with just a single night of poor sleep, 5 hours)

INJURY:

70% more likely to report an injury (Athletes sleeping less than 8 hours per night)

BODY COMPOSITION:

Weight gain, Impaired glucose metabolism, ratio of leptin and ghrelin

KEY INGREDIENTS:

Valerian: Induces the release of GABA

Passion Flower and Lemonbalm: Nerve botanicals known for their relaxant, sleep promoting properties

German Chamomile: Contains Apigenin, thought to bind to central benzo-diazapine receptors and provide anxiolytic effects without impairing memory, diminishing motor skills or causing morning drowsiness

GABA: The main calming neurotransmitter in the body sourced from a natural fermentation process, PharmaGABA is considered more effective than other chemically-produced synthetic forms.

L-Theanine: An amino acid that can help promote calmness and improve the quality of sleep*

Melatonin: Supports the circadian rhythm.

5-HTP: Precursor to serotonin and melatonin.

SUPPORTS:

- Supports a healthy immune system
- Supports proper cardiovascular function
- Supports clear mind and focus for better memory and learning
- Promotes proper growth hormones
- Promotes healthy metabolism
- Encourages proper reflexes, reactions and judgments

HOW TO TAKE:

As a dietary supplement take 2 capsules 30 to 60 minutes prior to bedtime, or as directed by your health care practitioner.



Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value |
|--|---------------|
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 10 mg 588% |
| Valerian (<i>Valeriana officinalis</i>)(root) [standardized to contain 0.8% valerenic acid] | 400 mg * |
| Passion Flower (<i>Passiflora incarnata</i>) (flower) [standardized to contain 3.5% flavonoids] | 200 mg * |
| Lemon Balm (<i>Melissa officinalis</i>)(leaves) [standardized to contain 3% rosmarinic acid] | 200 mg * |
| Chamomile (<i>Matricaria chamomilla</i>)(flower) | 200 mg * |
| gamma-Aminobutyric acid (as PharmaGABA®) | 100 mg * |
| L-Theanine | 100 mg * |
| 5-HTP (5-Hydroxytryptophan) | 100 mg * |
| Melatonin | 3 mg * |

*Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate, silicon dioxide.



CONTRAINDICATIONS

Be sure to optimize sleep hygiene while using sleep support. Sleep disturbances are often an outcome of an underlying cause. Melatonin and 5-HTP may not be suitable to administer along with SSRI and MOAI medications and corticosteroid therapy. Please discuss with your health care provider before using Insomnitrol with these medications. Melatonin is not recommended for those with autoimmune conditions, immune related cancers, pregnancy or those trying to conceive.

References available upon request