



PROFOUND SLEEP™

Ora Profound Sleep™ is a powerful combination of magnesium glycinate and calming herbs to relax the mind, helping you fall asleep easily, stay asleep for longer and wake up feeling refreshed. Crafted with Lemon balm, Blue chamomile, and Passion flower used traditionally in Western Herbal Medicine to support healthy sleeping patterns. Combined with sleep promoting Schisandra and Ziziphus from Traditional Chinese Medicine to help relieve sleeplessness and reduce time to fall asleep.



Magnesium glycinate



Melissa officinalis



Passiflora incarnata



Schisandra chinensis



Ziziphus jujuba



Matricaria chamomilla

- ✓ Suitable for vegetarians and vegans
- ✓ 30 serves per bottle
- ✓ Great tasting natural flavours- mixed berry and vanilla

ACTIVE INGREDIENTS	PER 5.5G DOSE
Magnesium glycinate Equivalent Magnesium	2192.98 mg 250 mg
<i>Melissa officinalis</i> leaf ext. dry equivalent	1500 mg
<i>Passiflora incarnata</i> herb top flowering ext. dry equivalent	2000 mg
<i>Schisandra chinensis</i> fruit ext. dry equivalent	2000 mg
<i>Ziziphus jujuba</i> seed ext. dry seed equivalent	10000 mg
<i>Matricaria chamomilla</i> flower ext. dry	1500 mg

Who This Is For

Ora Profound Sleep™ is recommended for adults seeking help with:

- Trouble falling asleep
- Busy, restless mind
- Waking unrefreshed
- Nervous irritability
- Muscle relaxation
- Waking frequently
- Dream-disturbed sleep
- Night sweats and spontaneous sweating

Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Profound Sleep™. Try the following to enhance results:

- Whole food based diet
- Aromatherapy
- Spending time in nature
- Meditation
- Regular exercise
- Caffeine-free beverages and herbal teas
- Epsom salt baths
- Practising good sleep hygiene

Combines well with:

- Ora Adaptogen Tonic+™



Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and being transparent about the ingredients we use. The active ingredients in Ora Profound Sleep™ are sourced from:

Melissa officinalis – Cultivated on farms in Europe. Manufactured in the Lamothe-Montravel facility in France by a pioneering herbal extract manufacturer, founded in 1895, using state-of-the-art technologies. USFDA-inspected, with quality systems supported by ISO 9001, FAMIqs and FSSC 22000 certifications.

Passiflora incarnata – Cultivated on manufacturer-owned and controlled farms at multiple regions around the world. Extracted in Xi'an, China, at a state-of-the-art, cGMP, NSF-GMP, ISO9001, ISO14001 and HACCP/ISO22000, Kosher and Halal certified manufacturing facility.

Schisandra chinensis – Cultivated on farms in Liaoning province, China. Extracted in China at a state-of-the-art, cGMP, ISO series, Kosher and Halal certified manufacturing facility.

Ziziphus jujuba – Cultivated on farms Shandong province, China. Extracted in China at a state-of-the-art, cGMP, ISO series, Kosher and Halal certified manufacturing facility.

Matricaria chamomilla – Cultivated on farms in Egypt. Extracted in China at a state-of-the-art, cGMP, ISO series, Kosher and Halal certified manufacturing facility.

Magnesium glycinate – Produced in Hubei province, China, in leading manufacturing facility specialising solely in glycine amino acid ingredients. GMP, ISO-14001, ISO -9001, HACCP, Kosher, Halal certified.

How We Make It

We have chosen to use the minimum amount of excipients during our manufacturing process.

Ora Profound Sleep™ contains the following added substances:

Glycine, Thaumatin, (natural sweetening ingredients), *Gardenia jasminoides* extract on a base of maltodextrin (a natural herbal ingredient with a strong blue colour), natural vanilla and mixed berry (natural flavours), citric acid (flavour balance) and colloidal silica (to support flow of powder in packing and dispersing with mixing).

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

Find Out More

Magnesium glycinate - is a type of amino acid chelate whereby the magnesium mineral is bound to the amino acid glycine. Magnesium glycinate is found by many individuals to be a more absorbable form of magnesium. It is well tolerated and considered to be one of the gentlest forms of magnesium on the stomach.

Magnesium activates more than 300 enzyme systems that regulate multiple reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium is required by the body for energy production, skeletal and cardiac muscle function and bone formation. Magnesium plays an important role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.

Lemon balm - has traditionally been used in Western Herbal Medicine as a sedating herb and was historically used during times of increased nervousness leading to nervous sleeping disorders. Recognised by herbalists to have carminative, antispasmodic and nervous system relaxing properties, lemon balm was often also used to relieve digestive discomfort and abdominal cramping as well as support emotional wellbeing, relieving the symptoms of stress and mild anxiety.

Passion flower - like Lemon balm, has been traditionally used in Western Herbal Medicine for its sedative and antispasmodic properties to relieve nervous restlessness. Often combined with lemon balm during times of unrest and when falling sleep due to nervousness was difficult.

Schisandra - has been a primary medicinal ingredient of Chinese herbal medicine since ancient times. In Traditional Chinese Medicine, Schisandra has been used primarily as an astringent tonic for the lungs and kidneys, to arrest mucous discharges, alleviate spontaneous sweating and night sweats, to relieve coughs, fortify *Qi* and decrease fatigue. Schisandra also has calming functions and has traditionally been used in Chinese Medicine to 'quiet the spirit' while calming and containing the heart *Qi*: for irritability, dream-disturbed sleep and sleeplessness.

Ziziphus - has been traditionally used in Chinese Medicine to relieve sleeplessness and disturbed or restless sleep. In Chinese Medicine, Ziziphus is known to nourish the heart and calm the *Shen* (spirit). The heart in Chinese Medicine dominates the blood and the spleen produces blood. Insomnia, difficulty staying asleep, excessive dreaming, shallow sleep with a tendency to wake easy and fatigue are all symptoms of a deficient spleen not producing sufficient blood to nourish the heart and *Shen*.

Matricaria chamomilla - (German chamomile) has been described in texts dating back to ancient Greek and Roman times. Familiar to many as an herbal tea which is often taken for its gentle, calming and sleep-promoting properties. Commonly referred to as blue chamomile due to the blue volatile oil content of the flowers, and more specifically the chamazulene constituent of the oil which also contributes to the characteristic smell of the flower.

Indications For Use

We acknowledge and celebrate empirical knowledge gained through the elegant use of herbs in Chinese and Western Herbal traditions and the evaluation of minerals and vitamins through robust human clinical research in contemporary science. The combination of ingredients in Ora's Profound Sleep™ help to:

- Relieve sleeplessness and the symptoms of stress.
- Relieve restlessness and excessive nervous energy.
- Calm and relax the nervous system.
- Support healthy sleeping patterns.
- Support muscle relaxation and muscle health.

Cautions: Do not use during pregnancy or breastfeeding.

Directions For Use

Mix one 5.5-gram dose (approx. one heaped metric teaspoon) into water and consume immediately. Take once daily half an hour before bed or as recommended by your healthcare professional. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

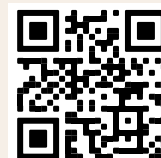
Pack size: 165g oral powder

Product Code: PROSLE165-ORA

Serving Size



5.5 grams
(approx. one heaped
metric teaspoon)



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Profound Sleep™