

ULTIMATE



Ultimate Sleep Studies

1. Hajak G et al. The Influence of Intravenous L-Tryptophan on Plasma Melatonin and Sleep in Men. *Pharmacopsychiatry* 1991; 24(1): 17-20
2. Volderholzer U et al. Impact of experimentally induced serotonin deficiency by tryptophan depletion on sleep EEG in healthy subjects. *Neuropsychopharmacology*. 1998; 18(2): 112-124.
3. Young SN et al. Tryptophan depletion causes a rapid lowering of mood in normal males. *Psychopharmacology*. 1985; 87(2): 173-177
4. Gendall KA and Joyce PR. Meal-induced changes in tryptophan:LNAAs ratio: Effects on craving and binge eating. *Eating Behaviours*. 2000; 1(1): 53-62.
5. Birdsall TC. 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Altern Med Rev*. 1998 Aug;3(4):271-80.
6. Wyatt RJ et al. Effects of 5-hydroxytryptophan on the sleep of normal human subjects. *Electroencephalography and Clinical Neurophysiology*. 1971; 30(6): 505-509.
7. Murray MF. Tryptophan depletion and HIV infection: a metabolic link to pathogenesis. *Lancet Infect Dis*. 2003 Oct;3(10):644-52.
8. Murray MF, Langan M, MacGregor RR. Increased plasma tryptophan in HIV-infected patients treated with pharmacologic doses of nicotinamide. *Nutrition*. 2001 Jul;17(7-8):654-6.
9. Chouinard G, Young SN, Annable L, Sourkes TL. Tryptophan-nicotinamide, imipramine and their combination in depression. A controlled study. *Acta Psychiatr Scand*. 1979 Apr;59(4):395-414.
10. Zdanova ID et al. Melatonin Treatment for Age-Related Insomnia. *The Journal of Clinical Endocrinology & Metabolism*. 2001; 86(10): 4727-4730
11. Zisapel N. The Use of Melatonin for the Treatment of Insomnia. *Biol Signals Recept* 1999;8:84–89
12. Juneja, Lakh Raj, et al. L-theanine—a unique amino acid of green tea and its relaxation effect in humans. *Trends in Food Science & Technology*. 1999; 10(6):199-204.
13. Jiang JG et al. Comparison of the sedative and hypnotic effects of flavonoids, saponins and polysaccharides extracted from *Semen Ziziphus jujube*. *Natural Product Research*. 2007; 21(4): 310-320.