

# *Shift Workers*

# ***Night Cap***

*For that better sleep*

*SMOOTH CHOCOLATE*  
*NO ADDED SUGAR*



# Shift Workers NIGHT CAP

The ingredients used in Shift Workers Night cap have been traditionally used in herbal medicines and may assist with the following disorders;-

- ✓ Maintain and support healthy sleeping patterns
- ✓ To decrease and reduce time to fall asleep
- ✓ Decrease, reduce and relieve sleeplessness
- ✓ Reduces or relieves nervous tension and unrest
- ✓ Decrease and relieve symptoms of stress
- ✓ Reducing anxiety and nervousness
- ✓ Restlessness and excess nervous energy



# Night Shift Challenges

Adapting to the night shift is an enormous challenge for workers. All living things, including humans, animals and plants, have a natural 24-hour circadian rhythm that responds to light and dark. It directs the release of hormones, as well as regulating moods, level of alertness and body temperature.

The circadian rhythm is controlled by a master body clock of sorts in the brain, situated near the optic (eye) nerve at the back of the brain. Depending on how much light the optic nerve detects, we feel awake or sleepy. With fading light or darkness, the brain detects night hours and produces the sleep hormone melatonin. When morning comes or when sunlight hits the back of the eye, we wake and become alert.

For night shift workers, there is a constant battle with their body clock. Trying to get quality sleep during the day can be nearly impossible because of the disrupted circadian rhythm. The result is often called shift work sleep disorder, which the National Sleep Foundation extends to all shift workers, including night, rotating and very early shifts.



# paradisenutrients

## Night Cap

Chocolate

Product code PN690

**GMO FREE**

### Ingredients

- ✓ Full Cream Milk
- ✓ Passionflower
- ✓ Valerian Root
- ✓ Ginkgo
- ✓ Kakadu Plum
- ✓ Peppermint Extract
- ✓ Lemon Balm
- ✓ Sweetener (Xylitol blend)
- ✓ PN Generic Minerals
- ✓ Cocoa Powder / Vanilla Extract

Component	Per 30g Serve	Per 100g
Energy	871	1450
Protein	26.2	43.7
Fat Total	2.1	3.5
Saturated	1.4	2.4
Carbohydrates Total	22.4	37.4
Sugars	4.2	6.6
Sodium	135	22.6

Suggested use 30g per serve.  
2 scoops in 200 ml of milk, skim milk or water depending on your own desired tastes.



Not to be used as a sole source of nutrition. Use in conjunction with a nutritious diet, exercise program and physical training.

Not suitable for children under 16 years of age.

# Valerian Root

Valerian is an herb. It is native to Europe and parts of Asia but also grows in North America. Medicine is made from the root.

Valerian is most commonly used for sleep disorders, especially the inability to sleep (insomnia). Valerian is also used orally for anxiety and psychological stress, but there is limited scientific research to support these uses.

In manufacturing, the extracts and oil made from Valerian are used as flavouring in foods and beverages.

## How does it work?

Valerian seems to act like a sedative on the brain and nervous system. Researchers aren't sure how Valerian root works to ease insomnia and anxiety. They think it subtly increases the levels of a chemical known as Gamma Aminobutyric acid (GABA) in the brain. GABA contributes to a calming effect in the body.



# Ginkgo Biloba

Ginkgo Biloba, which is also known as Maidenhair, is an ancient plant extract. This plant has been used in Asia medicinally to heal various health ailments for thousands of years. It has no known pathogens and its leaves and berries have minerals and compounds that act as a cerebrovascular dilator. This means that Ginkgo extract may increase the blood flow to the brain, head, and eyes.

Ginkgo may help prevent macular degeneration and glaucoma by deactivating the platelet-activating factor (PAF), which is necessary for the growth of new capillaries, increasing circulation within the eye and supplying more oxygen to the retina.

Ginkgo has also been found to protect and enhance cognitive health. Research shows that ginkgo can help protect against cognitive decline and increase brain function, particularly for people with Alzheimer's, dementia or vascular problems caused by cerebral infarction (loss of blood flow to vessels in the brain).



# The Other Benefits of Ginkgo Biloba

Ginkgo Biloba been widely studied and has been found to have positive effects with:-

Protecting and enhances cognitive health

May improve symptoms of dementia and Alzheimer's

Fighting anxiety

Symptoms of PMS

Maintaining eye health

Assisting with ADHD

Improving libido

Relief from migraines

Altitude sickness

Improving sleep quality

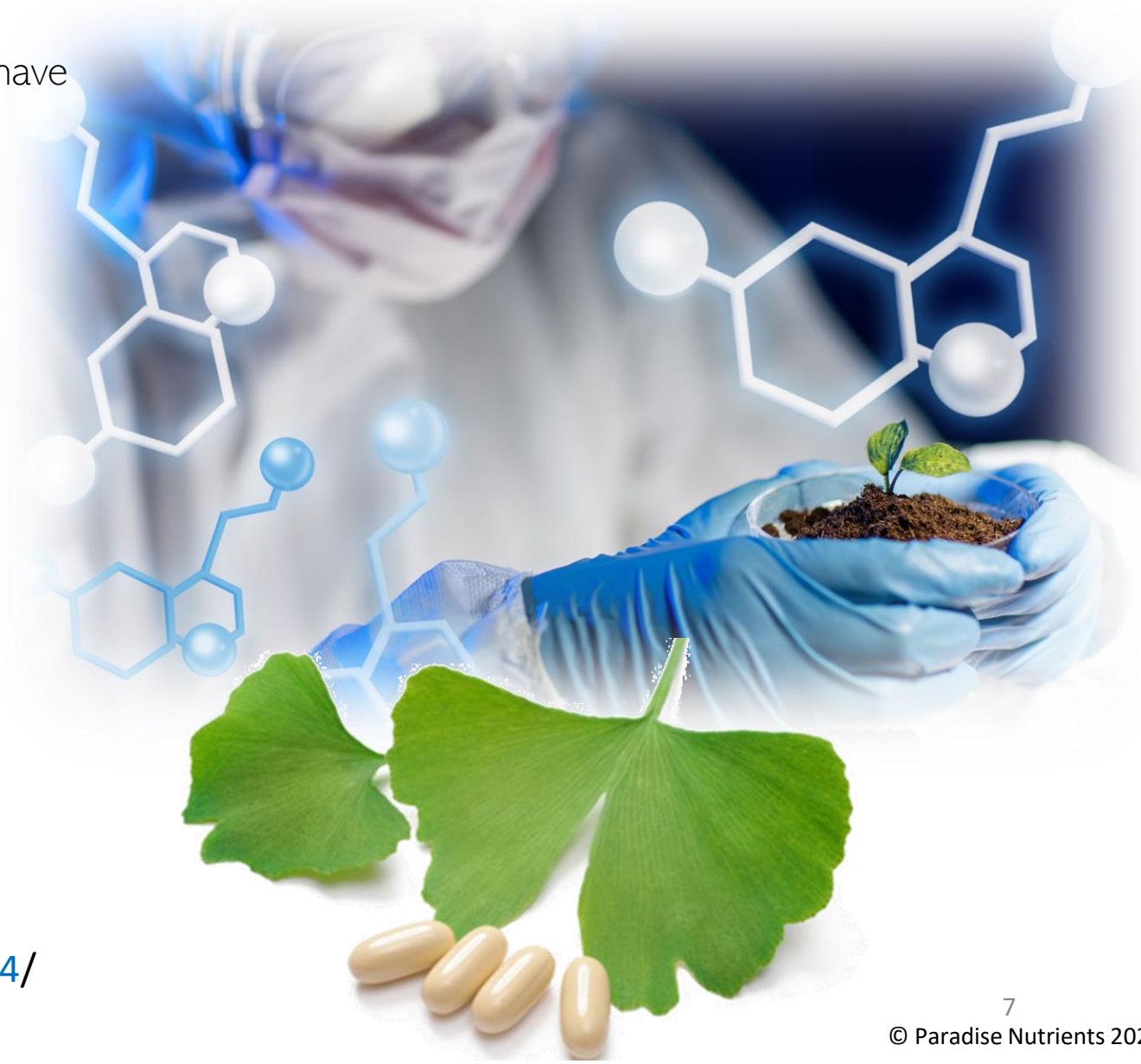
Fighting fibromyalgia

Supporting heart health

Schizophrenia treatment

Healthy skin

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3283204/>



# Kakadu Plum

The Kakadu Plum, also called the Gubinge, Billygoat Plum or Murunga, grows natively across the Top End of Northern Australia.

The fruit has been a traditional source of bush tucker, antiseptic and a healing remedy for the Indigenous people across Arnhem Land for thousands of years.

Kakadu Plum has been identified worldwide as the single natural food source with the highest Vitamin C content on the planet. It contains 3000mg of Vitamin C per 100g of fruit; Over 50 times the concentration found in oranges.

The Kakadu Plum contains phytochemicals such as gallic and ellagic acids. Gallic acid has anti-bacterial, anti-viral and anti-fungal activities and shows anti-inflammatory and anti-tumor activities.





# Peppermint

Peppermint is a plant in the mint family. The leaf and oil are used as medicine.

Peppermint oil is most commonly used for a long-term disorder of the large intestines that causes stomach pain (IBS - irritable bowel syndrome). Peppermint is also used for indigestion, spasms in the large bowel, nausea, vomiting after surgery, headache, and many other conditions, but there is no good scientific evidence to support many of these uses. In foods and beverages, Peppermint is a common flavouring agent in manufacturing. Peppermint oil is used as a fragrance in soaps and cosmetics and as a flavouring agent in pharmaceuticals.

## How does it work?

Peppermint oil seems to reduce spasms in the digestive tract. When applied to the skin, it can cause surface warmth, which relieves pain beneath the skin. It may also help to "cool" the skin and relieve itching.



# Cocoa

Cocoa powder can: Increase fat metabolism.  
Supplementing your diet with raw, organic cocoa powder can actually improve your body's ability to metabolize fat and use it as energy.

Help you lose weight; Cocoa can help boost your weight loss results in a number of ways.

First, it helps stimulate Serotonin production in the brain. This chemical regulates your mood and helps suppress your appetite, which means you'll consume less calories in the long run.



# Cocoa

A cup of cocoa before bed can work wonders, especially on cold Autumn and winter days. It not only warms you from inside, but it also makes you sleepy.

## Why?

Because of the Tryptophan found in unsweetened cocoa powder. You can heighten the effect of the cocoa by adding a little almond milk, which also contains Tryptophan.

This essential amino acid helps stabilize the body's Serotonin levels. A shortage of Serotonin, on the other hand, can lead to sleep disorders.



# Full Cream Cow's Milk

The milk contains casein, a slow-release protein, which is also known as the “night-time protein” because it provides your body with protein for hours and prevents muscle loss while you sleep. Powdered milk contains a host of Vitamins such as, A, D, E and K according to the Dairy Export Council.

**Vitamin A** is beneficial for your immune system, reproductive system, vision and aids in cellular growth and differentiation.

**Vitamin D** helps your intestines absorb phosphorous and calcium, which aids the bones, joints and heart.

**Vitamin E** is a powerful antioxidant that protects lipoproteins and cell membranes as well as stimulating your body's immune response to disease.

**Vitamin K** is important for proper blood clotting.



## Magnesium

Magnesium is a powerful mineral that is instrumental in sleep and is a natural relaxant that helps deactivate adrenaline. A lack of Magnesium can be directly linked to difficulty going to and staying asleep. Magnesium is often referred to as the sleep mineral.

## Calcium

Calcium is another mineral that helps the brain make melatonin. A lack of Calcium can cause you to wake up in the middle of the night and have difficulty returning to sleep. Calcium rich diets have been shown to help patients with insomnia. Dairy products that contain both Tryptophan and Calcium are among the best sleep inducers.

## Vitamin B6

Vitamin B6 also helps convert Tryptophan into Melatonin. A deficiency in B6 has been linked with lowered Serotonin levels and poor sleep. A deficiency in B6 is also linked to symptoms of depression and mood disorders which can lead to insomnia.



# Manuka Honey Powder

Hydrogen Peroxide is produced by honey. It gives most honey its natural antibiotic quality. Some types of honey, including Manuka Honey, also have other components with anti-bacterial qualities. Another anti-bacterial component in Manuka Honey is Methylglyoxal (MG). MG is a compound found in most types of honey, but usually only in small quantities.

In Manuka Honey, MG comes from the conversion of another compound. Dihydroxyacetone is found in the nectar of Manuka flowers. MG is thought to give Manuka Honey some of its anti-bacterial power. The higher the concentration of MG, the stronger the antibiotic effect. There may also be other compounds involved in the medicinal effect of Manuka Honey.



# Passion Flower

Passion Flower is a climbing vine that is native to the South East of the United States and Central and South America.

Some people take Passion Flower by mouth for sleep problems (insomnia), anxiety, adjustment disorder and attention deficit-hyperactivity disorder (ADHD).

These combined ingredients have also been used to assist with pain, fibromyalgia and relieving of opioid withdrawal symptoms. Also, may reduce anxiety and nervousness before surgery and heart failure.

In foods and beverages, Passion Flower extract is used as a flavouring.

## How does it work?

The chemicals in Passion Flower have calming, sleep inducing, and muscle spasm relieving effects.



What are the potential risks?

According to the [NCCIH Trusted Source](#), Passion Flower is generally considered safe.

But it may cause some side effects, such as:

- Sleepiness
- Dizziness
- Confusion

Because of this, it should not be taken with sedative medications. Also, it's not safe for pregnant women or breast-feeding women. It may induce contractions if you're pregnant.







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Journal List > Med Oral Patol Oral Cir Bucal > v.22(1); 2017 Jan > PMC5217504

# Medicina Oral Patología Oral y Cirugía Bucal

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## Effects of *passiflora incarnata* and midazolam for control of anxiety in patients undergoing dental extraction

## Abstract

### Background

Anxiety symptoms are frequently observed in dental patients, whether they are undergoing simple or more invasive procedures such as surgery. This research aimed to compare the effects of *Passiflora incarnata* and midazolam for the control of anxiety in patients undergoing mandibular third molar extraction.

### Material and Methods

Forty volunteers underwent bilateral extraction of their mandibular third molars in a randomized, controlled, double-blind, crossover clinical trial. *Passiflora incarnata* (260 mg) or midazolam (15 mg) were orally administered 30 minutes before surgery. The anxiety level of participants was evaluated by questionnaires and measurement of physical parameters, including heart rate (HR), blood pressure (BP), and oxygen saturation (SpO<sub>2</sub>).

### Results

Considering each procedure independently, there were no significant differences between the protocols in BP, HR, and SpO<sub>2</sub>. Over 70% of the volunteers responded that they felt quiet or a little anxious under both protocols. With midazolam, 20% of the participants reported amnesia (not remembering anything at all), while *Passiflora* showed little or no ability to interfere with memory formation.

### Conclusions

*Passiflora incarnata* showed an anxiolytic effect similar to midazolam, and was safe and effective for conscious sedation in adult patients who underwent extraction of their mandibular third molars.

**Key words:** *Passiflora incarnata*, midazolam, anxiety, oral surgery.

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Supplements, no matter how effective, can never replace a healthy lifestyle with real food, exercise and good sleep.

That said, the above supplement may aid people who want a natural health boost.

Keep in mind that these supplements are incredibly powerful and should be consumed carefully.

If you have a medical condition or take any medications, consult with your healthcare provider before trying these substances.

*The information in this training presentation is for individual product training only and not for public display.*

*The above information is not suggested as a cure or should not replace any medication prescribed by a healthcare professional.*

*The above information has not been approved by the TGA or DFA.*

*The above information is provided as a guide for home remedy relief.*

*Anyone with severe or ongoing illness is advised to seek help from a healthcare professional.*

For more information on Paradise Nutrients Night Cap Anti Stress Drink, contact the person who gave you this presentation or Paradise Nutrients.

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