

Sleep

by ChiroNutraceutical



**Do you have difficulty sleeping?
If so, it may be negatively impacting your health!**

Numerous studies have shown that poor sleep can lead to increased weight gain, increased inflammation levels, increased risk of diabetes, increased risk of stroke, increased risk of heart disease, immune system interference, and a decreased ability to concentrate.

Sleep by ChiroNutraceutical is a scientifically designed dietary supplement that uses all-natural, non-GMO ingredients. Each ingredient has been researched and proven to help provide relief to individuals suffering with sleep difficulties.

Sleep's Ingredients Include:

Magnesium^{1,5}

Magnesium plays a role in supporting deep, restorative sleep by maintaining healthy levels of GABA, a neurotransmitter that promotes sleep. Research indicates supplemental magnesium can improve sleep quality. Magnesium can also help insomnia that's linked to the sleep disorder restless-leg syndrome.

L-Theanine^{2,3}

L-theanine helps relaxation and aids in sleep by contributing to a number of changes in the brain including: helping boost levels of naturally produced brain calming chemicals including GABA, reducing naturally occurring brain chemicals that are related to "brain excitement", and aiding in enhancing alpha brain waves.

GABA^{2,4}

GABA is often thought of as "the brakes" for your brain and is the body's most important neurotransmitter for slowing activity in the brain and central nervous system. Increasing GABA levels helps slow neural/ brain activity which facilitates sleep, reduces stress/anxiety, and help produce calmness.

Phellodendron Root Powder

Phellodendron is one of the 50 most important herbs in traditional Chinese medicine. Phellodendron aids in reduced perceived daily stress and cortisol levels. Reduced stress and reduced cortisol levels help promote better sleep.

Mucuna Pruriens^{6,7}

Mucuna Pruriens helps promote healthy levels of the amino acid levodopa, which is also known as L-dopa. L-dopa is the precursor to dopamine. Dopamine plays a vital role in your mood, ability to relax, and sleep.

5-Hydroxytryptophan (5-HTP) ^{8,9}

5-HTP helps the body produce more serotonin, which is one of the neurotransmitters that plays a direct role in restful sleep. Most people have experienced how stress can lead to restlessness and lack of restful sleep as there is a complex interaction between mood and sleep. In fact, it is common for individuals affected by stress and anxiety to experience poor sleep. Because of 5-HTP's ability to increase serotonin, it helps support high-quality and restful sleep.

Melatonin¹⁰

Melatonin regulates the body's wake-sleep cycles. Darkness increases melatonin levels, which signals the body to prepare for sleep and decreasing melatonin levels signals the body that it should be awake. Low levels of melatonin have been associated with difficulty sleeping.

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