



**RESTORATIVE  
FORMULATIONS**

Physician Formulated, Clinical Results

# Sleep

## Sleep Support



### Formulation Features

- Liquid capsule for maximum absorption
- Modulates GABA, and increases CNS relaxation
- Encourages the onset of tranquil sleep
- Promotes neurotransmitter inhibition in the CNS

## Supports a Sense of Calm and Sound Sleep

Our **Sleep** formula is a gentle, natural way to assist with occasional sleeplessness. Studies suggest that the valerianic acid in valerian root might help calm the mind and promote relaxation, setting the stage for a blissful night's sleep. Valerianic acid is believed to support a tranquil state of mind through its interaction with the GABA-A receptors. Melatonin exists in the pineal gland of the brain and plays a vital role in helping the onset of sleep with a rapid, transient, and mild sleep-inducing effect.

### Supplement Facts

Serving Size 1 Capsule	Servings Per Container 60
Amount Per Serving	% Daily Value
Liquid Botanical Extract Blend: 1,000 mg	†
Valerian Root, 0	†
Hops Strobiles, 0	†
Fresh Skullcap Herb, 0	†
Passion Flower Herb, 0	†
Chamomile Flower	†
Fresh California Poppy Herb, 0	†
Melatonin (Standardized), 3 mg	†
+ - Daily Value Not Established	
0 - Certified Organic	

**Other Ingredients:** Non-GMO Soy Lecithin, Modified Vegetable Cellulose, Coconut Oil



## Herbal Foundation of "Sleep"

### VALERENIC ACID

Supports a tranquil state of mind through its interaction with the GABA-A receptors.

### MELATONIN

Melatonin exists naturally in the pineal gland of the brain and plays a vital role in helping the onset of sleep with a rapid, transient, and mild sleep-inducing effect.

### SKULLCAP

Helps attenuate symptoms of insomnia and calm nervous tension.

95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.



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## Supplementation

- Take one capsule as needed or 30 minutes before bedtime. Repeat if needed, or go to two capsules.

## Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minute intervals, 2 – 4 times daily.
- In order to maintain optimal blood sugar levels, eat small frequent meals (on the order of six daily) that are balanced in protein and carbohydrates.
- Avoid known allergens.
- Get plenty of rest.