

SLUMBER™

PRODUCT INGREDIENT BENEFITS

INGREDIENTS

Organic Coconut Oil:

Nutritionally, coconut oil has been found to have significant effects on your wellbeing. It has been found to support proper thyroid function, healthy brain function, healthy and youthful looking skin, and promotes good oral health. In addition, coconut oil promotes heart health, gives the immune system a boost, and promotes weight loss.¹¹

Organic Gum Acacia:

This medicinal food is a well-known source of prebiotics which means it gives the gut the building blocks to set up an environment to produce good bacteria or probiotics. In addition, acacia may support digestive health, skin health, the healing process, bowel health, healthy inflammation response (specifically in the gut, and is considered a nourishing source of fiber.¹²

Hydrolyzed Collagen:

Our bodies produce collagen naturally; however, as we start to age, our production of collagen slows down. Collagen is most known for keeping our skin firm and smooth, and it is also essential for our bones and joints.² In addition, hydrolyzed collagen is used to make supplements to help treat things like arthritis, osteoporosis, and sports injuries.

Rooibos Extract:

New scientific studies provide evidence that Rooibos tea may protect against cancer, heart disease, and stroke. In addition, rooibos is packed with antioxidants, aids in digestion, supports strong bones, and aids in weight loss.¹ Rooibos contains no caffeine and has low tannin content. In ordinary tea, tannins are involved in the binding of calcium and iron that makes it difficult for the body to absorb these minerals. In addition, tannins can interfere with the pigmentation of the skin. Therefore, the low tannin content of Rooibos extracts compared to extracts from ordinary green tea makes Rooibos the preferred choice. It is therefore an excellent drink for people who want to avoid the stimulating effects of caffeine.

Anise:

One of the primary uses of anise is to promote digestive health. Anise oil is also effective against conditions that are associated with spasms, such as cramps, diarrhea, convulsions and muscle pains, thanks to its relaxant and anti-spasmodic effects. The essential oil can also relieve indigestion, flatulence and acute chest pain and aid in promoting the elimination of excess gas in your digestive system.¹¹

Cinnamon:

Cinnamon has been found to enhance antioxidant defenses, cognitive function, and supporting weight loss. This ingredient has high amounts of calcium, fiber manganese, and antioxidant properties which all aid in improving brain health, preventing heart disease, and helping diabetes patients. In addition, cinnamon has been found to enhance motivation and performance, and reduce anxiety.¹¹

Clove:

While cloves are well known in the culinary world for their sweet and earthy taste, they also offer many health benefits. Cloves aid in treating colds, boosting immune system function, and promoting digestion. Cloves have also been identified as beneficial to treating oral diseases, and have anti-inflammatory and antibacterial properties.¹¹

Nutmeg:

Nutmeg provides an array of health advantages within the body, from blood clotting and regulating the blood sugar, to metabolizing carbohydrates and absorbing calcium. It also helps form tissues, bones, and sex hormones.¹¹

Star Anise

This spice hails from an evergreen tree plant that is native to southern China and northeast Vietnam. Star anise has been found to provide antioxidants for the body, fight conditions such as the flu and coughs, treat sleeping disorders, improve digestion, and aids in the alleviation of gas, abdominal cramps and indigestion.¹¹

L-Theanine:

Properties of this nutrient have been best known for inducing calming, tranquilizing effects while simultaneously improving alertness.⁷ There is a link between anxiety, reaction to stress, and the brain's most fundamental function, maintaining cognition. L-Theanine protects brain cells and promotes cognitive function.¹⁴

Valerian Root Extract

Today, valerian root continues to be the primary herb used, either alone or in combination, for insomnia and against nervous affections, such as headaches, trembling, palpitations, and hysteric complaints. Valerian was found to be more effective than placebo in reducing the time needed to fall asleep in patients with Insomnia.⁶

Hops Extract

Hops have been used historically to promote sleep, often in combination with the sedative herb valerian. The effectiveness of this combination has been validated in a number of placebo-controlled studies. Additionally, hops have an anti-anxiety effect, and may have antiviral, anti-clotting, anti-inflammatory, and anti-tumor properties.¹⁵

Melatonin

Melatonin is secreted from the pineal gland deep inside the brain. Melatonin supplements can safely and effectively restore balance to the body's circadian rhythm and helping achieve a restful night's sleep, and keeping your biological clock ticking throughout a long, healthy life span. Additional applications of melatonin include guarding the nervous system against degenerative diseases such as Alzheimer's disease, strokes, and preventing debilitating migraines.³

B1 Thiamin:

Thiamin is a vitamin that has been found to help convert food into energy. Thiamin is also recognized as vitamin B1. This vitamin is needed for healthy skin, hair, blood, and brain health.⁸

B2 Riboflavin:

Riboflavin has been found to help convert food into energy. Riboflavin is also recognized as vitamin B2. This vitamin is also needed for healthy skin, hair, blood, and brain health.⁸

B3 Niacinamide:

Niacinamide, also known as vitamin B3, plays a role in metabolism of carbohydrates, fats and proteins. This means it helps convert food into energy. Getting an adequate amount of niacin helps ensure your metabolism of nutrients is at its best and aids in maintaining your energy levels. Niacin has been prescribed for the treatment of various cardiovascular conditions and cholesterol deficiencies.⁵

Niacin may also play a role in decreasing migraine and tension-type headaches.¹³ One study even suggested that all schizophrenia patients should be treated with niacin as

quickly as possible and for the duration of their lives as quality of life would be improved and some patients may even achieve clinical remission.¹⁰

In addition, niacinamide has been shown to prevent radiation-induced cellular adenosine triphosphate (ATP) or **energy** loss.¹⁶

B5 Pantothenic acid:

Deficiency of this vitamin causes burning feet and other neurologic symptoms. Vitamin B5 is also known as pantothenic acid. This vitamin helps convert food into energy. In addition, B5 helps make lipids (fats), neurotransmitters, steroid hormones, and hemoglobin.⁸

B6 Pyridoxine HCL:

B6 aids in lowering homocysteine levels and may reduce the risk of heart disease. This vitamin helps convert tryptophan to niacin and serotonin, a neurotransmitter that plays key roles in sleep, appetite, and moods. It helps make red blood cells and influences cognitive abilities and immune function.⁸

B7 Biotin:

This vitamin helps convert food into energy and synthesize glucose. In addition, biotin aids in making and breaking down some fatty acids. Biotin is needed for healthy bones and hair.⁸

B9 Folic Acid:

This vitamin is vital for new cell creation. It helps prevent brain and spine birth defects when taken early in pregnancy and should be taken regularly by all women of child-bearing age since women may not know they are pregnant in the first weeks of pregnancy. It too can lower levels of homocysteine and may reduce heart disease risk. May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol.⁸

B12 methylcobalamine:

Some people, particularly older adults, are deficient in vitamin B12 due to having trouble absorbing this vitamin from food. A lack of vitamin B12 can cause dementia, memory loss and numbness in the arms and legs. This vitamin aids in lowering homocysteine levels (*linked to heart attack and stroke through plaque formation in arteries*) and may lower the risk of heart disease. In addition, vitamin B12 assists in making new cells, to include red blood cells, and breaking down some fatty acids and amino acids, and protects nerve cells and encourages their normal growth.⁸

Magnesium:

The majority of magnesium in the body is found in bones. If your blood levels are low, your body can tap into those magnesium reserves to correct the problem. This mineral is needed for many chemical reactions in the body as it works with calcium in blood clotting, regulation of blood pressure and muscle contraction. In addition, magnesium helps build bones and teeth.⁹

Chromium:

Chromium assists in keeping blood sugar levels healthy, and it also helps build lean, muscular bodies.⁸ Enhances the sensitivity of insulin, helps maintain normal blood glucose levels, and is needed to free energy from glucose.⁹

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