

## SLEEP RESET™ RESTFUL SLEEP BLEND

Sleep and stress are closely interconnected. Managing stress helps support healthy sleep patterns. Conversely, obtaining a sufficient quantity and quality of sleep is vital to preserving a healthy stress response. Supporting deeper and more restful sleep can lead to better daytime performance.\*

### Restorative Sleep Support

Sleep Reset combines effective levels of Melatonin and the amino acid Glycine to promote deep, restorative sleep.\* The formula also contains additional supportive ingredients, including: Vitamin B6, Theracurmin®, a novel and bioavailable form of curcumin, L-Theanine, and L-5-Hydroxytryptophan (5-HTP). Sleep Reset supports the ability to fall asleep and stay asleep, enhancing overall sleep quality without morning drowsiness.\*

Sleep Reset:

- Contains 3 mg of Melatonin and 3 g of Glycine.
- Is a great-tasting, orange flavored drink mix in convenient single-serving packets.
- Promotes a healthy sleep cycle and may prevent sleep fragmentation.\*
- Is a healthy alternative to conventional options.



Theracurmin® is a registered trademark of Theravalues.

# SLEEP RESET™

## Background

Sleep is critical for maintaining health. It helps the brain commit new information to memory; it influences the way our bodies process and store carbohydrates and alters levels of hormones that affect our appetite; it refreshes us so we are less prone to falls and mistakes; occasional sleeplessness can affect mood, resulting in irritability, impatience, inability to concentrate, and moodiness; it is needed for healthy cardiovascular and immune function, including blood pressure regulation, regular heartbeat, and the activity of the body's natural killer cells.<sup>1</sup>

Sleep also plays a modest but important role in modulating HPA axis activity by inhibiting cortisol secretion as part of the daily rhythm that controls sleep and wakefulness. Disruptions in this cycle due to abrupt shifts in sleep duration or sleep quality have been found to disturb the daily cortisol rhythm.<sup>\*2</sup> Conversely, activation of the HPA axis can lead to arousal and occasional sleeplessness.<sup>\*3</sup> Supporting sleep efficiency and the daily cycle of cortisol secretion may positively influence daytime performance and a normal stress response.<sup>\*3,4</sup>

## Description

Sleep Reset restful sleep blend is formulated to support healthy HPA axis regulation and a restorative sleep cycle.\* The formula contains ingredients which have been shown to promote relaxation and influence the body's natural ability to fall asleep and stay asleep.\*

## How Sleep Reset Works

Occasional sleeplessness is a concern for a large percentage of Americans. According to the Institute of Medicine, 50 to 70 million adults in the U.S. report not sleeping well at least a few nights per week.<sup>5</sup>

Sleep Reset contains the following nutrients and botanicals to promote a healthy sleep cycle and support sleep efficiency without daytime drowsiness.\*

| INGREDIENT                                | BENEFIT   |
|---|---|
| Glycine                                   | Glycine is an inhibitory neurotransmitter in the central nervous system. Clinical trials involving healthy human volunteers show that glycine positively influences sleep quality. <sup>*6,7</sup> During one small trial involving partially sleep-restricted volunteers, glycine supplementation resulted in a significant reduction in next-day fatigue and sleepiness. <sup>*8</sup>  |
| 5-HTP                                     | 5-HTP is the intermediate metabolite of L-tryptophan in the biosynthesis of serotonin. In the central nervous system, serotonin levels have been implicated in the regulation of sleep. <sup>*9</sup> Research suggests that 5-HTP is able to modulate the arousal level in children and induce a long-term improvement in sleep terrors. <sup>*10</sup> In a small double-blind trial, supplementation with 5-HTP increased rapid-eye-movement (REM) sleep, which may suggest improved sleep quality. <sup>*11</sup>   |
| L-Theanine                                | L-theanine has been found in human and animal studies to increase serotonin and dopamine levels, which may promote muscle relaxation and improved sleep. <sup>*12,13</sup> During a study of human volunteers, L-theanine promoted the generation of alpha brain waves, an indication of relaxation. <sup>*14</sup> Another small controlled, clinical trial suggests that L-theanine supports a healthy stress response. <sup>*15</sup> Animal research suggests that theanine may be the component in green tea responsible for opposing the stimulating effects of caffeine; it was shown to partially reverse caffeine-induced sleep disturbances. <sup>*16</sup> |
| Melatonin                                 | Melatonin is synthesized from tryptophan and secreted by the pineal gland during periods of darkness. <sup>*17</sup> Human research has found that that supplemental melatonin promotes sleep, improves sleep quality, and shortens sleep onset latency, particularly in people age 55 and older. <sup>*18,21</sup> One placebo-controlled crossover study found that melatonin supplementation adjusted the sleep clock without disturbing overall sleep architecture. <sup>*22</sup> A meta-analysis of 19 studies involving 1,683 subjects concluded that these benefits do not appear to diminish, even after continued melatonin use. <sup>*23</sup>             |
| Turmeric ( <i>Curcuma longa</i> ) rhizome | Metabolic and immunological consequences of occasional sleeplessness appear to be linked to oxidative stress and antioxidant balance. <sup>*24</sup> Curcumin, the primary compound in turmeric, possesses powerful antioxidant properties. <sup>*25</sup> Preliminary animal research suggests that curcumin may help fight oxidative stress and support normal behavior during periods of occasional sleeplessness. <sup>*26</sup>  |
| Vitamin B6                                | Vitamin B6 is a coenzyme for many reactions within the body, including the metabolism of serotonin and tryptophan, both of which are involved in sleep architecture. <sup>*27</sup> Vitamin B6 also serves critical functions in cellular metabolism and the stress response <sup>*28</sup> and plays a role in the action of steroid hormones. <sup>*29</sup>  |

## Supplement Facts

| Serving Size 1 sachet (4.05 g)   |        | Servings per container 30 |
|--|--------|---------------------------|
| Amount per sachet  |        | %DV**                     |
| <b>Total Carbohydrate</b>  | <1 g   | <1%**                     |
| Vitamin B6 (as pyridoxine HCl)   | 50 mg  | 2,500%**                  |
| Glycine  | 3 g    | ***                       |
| Proprietary Blend:   | 300 mg | ***                       |
| Theracurmin® (water-dispersible turmeric ( <i>Curcuma longa</i> ) rhizome), L-Theanine and L-5-Hydroxytryptophan (5-HTP) |        |                           |
| Melatonin  | 3 mg   | ***                       |

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*\*Daily Value not established.

**Other ingredients:** natural flavors, orange fruit powder, citric acid, silicon dioxide, xanthan gum, and vegetable color.

**Contains No:** Sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial flavoring, preservatives, or ingredients of animal origin. All colors used are from natural sources.

**Recommendations:** Mix the contents of 1 sachet with water 30 minutes before bedtime or as recommended by your healthcare professional.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

| Integrative Therapeutics | Natural Partners | Emerson Ecologics |
|--------------------------|------------------|-------------------|
| 30 CT 10285              | 30 CT IT0097     | 30 CT IT10285     |

## References

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\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.