

# NIGHTTIME FORMULA

PROMOTES A RESTFUL NIGHT'S SLEEP\*



## POSITIONING STATEMENT

NightTime Formula is an exclusive preparation of high quality standardized extracts that include melatonin, valerian, passion flower, and L-theanine to promote normal sleep cycles.\*

## CONCEPT

Appropriate sleep quality and duration are essential to normal health. Studies show that individuals who do not get enough sleep have compromised immune, digestive, and cognitive function. Moreover, individuals who are constantly tired or feeling run-down have a higher stress level, which has been associated with numerous potential health concerns.

NightTime Formula contains a proprietary blend of natural herbs and ingredients to promote normal sleep cycles. Melatonin is a hormone that is naturally produced and secreted by the pineal gland of the brain. The body's biological clock—the internal mechanism that maintains the circadian rhythm (our daily sleep/wake cycle)—is controlled by the pineal gland. In addition, NightTime Formula contains passion flower extract, L-theanine, and chamomile, all of which have been shown to promote relaxation and reduce anxiety and stress.\*

## PRIMARY BENEFITS AND FEATURES

- Contains L-theanine, an amino acid found naturally in green tea leaves and is known to enhance the production of alpha brain waves, indicative of a calm and relaxed mind\*
- Provides support without making you feel tired or rundown in the morning\*

- Contains melatonin, a natural hormone secreted in the pineal gland of the brain, to maintain normal sleep/wake cycles\*

## WHAT MAKES THIS PRODUCT UNIQUE?

- Formulated in optimum potency for safety and effectiveness to address temporary inability to fall asleep\*
- Features a unique formula free of chemicals and drugs
- Natural alternative providing dietary support for a normal, restful night's sleep\*
- Contains Pharmanex's proprietary L-theanine extract from green tea leaves—Theapure™

## WHO SHOULD USE THIS PRODUCT?

NightTime Formula is a dietary supplement designed for the adult population to provide dietary support for a normal, restful night's sleep.

## DID YOU KNOW?

- Approximately one in eight (32 million) people in the U.S. have difficulty sleeping
- REM stands for Rapid Eye Movement, a characteristic of one of the five sleep stages
- Human sleep has five recurring stages: four non-REM states and one REM stage
- Non-REM sleep (NREM) is comprised of stages 1 to 4 and lasts from 90 to 120 minutes
- As sleep progresses from stage 1 to stage 4, brain waves become slower and slower
- Normal sleep cycles have this pattern: waking, stage 1, 2, 3, 4, 3, 2, REM

# NIGHTTIME FORMULA

- The percentage of REM sleep is highest during infancy and early childhood, drop-off during adolescence and young adulthood, and decreases further in older age

## FREQUENTLY ASKED QUESTIONS

Can I take NightTime Formula on a daily basis for a prolonged period of time?

NightTime Formula should be used on an “as needed” basis.

Are there any drugs or depressants in NightTime Formula?

No. The primary ingredients are naturally-derived botanicals from various food sources.

What is melatonin?

Melatonin is a hormone produced by the pineal gland and assists in the normal function of sleep/wake cycles.\*

How in NightTime Formula standardized?

Valerian is standardized to 0.8% valerenic acid, and passion flower is standardized to a minimum of 3.5% flavonoids. Each NightTime Formula capsule is guaranteed to contain 25 mg of L-theanine from a 70:1 green tea extract ratio.

Is NightTime Formula safe?

NightTime Formula is safe at the recommended adult dosage. It is not for prolonged use and should only be taken on an as-needed basis. Children should not take this product. Pregnant or lactating women and people with known medical conditions should consult with a physician prior to taking supplements. This product is not recommended for use when driving or operation machinery.

## KEY SCIENTIFIC STUDIES

1. Hughes RJ, Badia P. Sleep-promoting and hypothermic effects of daytime melatonin administration in humans. *Sleep*, 1997; 20(2):124-131.
2. Cajochen C, Krauchi K, Mori D, Graw P, Wirz-Justice A. Melatonin and S-20098 increase REM sleep and wake-up propensity without modifying NREMsleep homeostasis. *Am J Physiol*, 1997; 272(4 pt 1):R1189-R1196.
3. Deacon S, Arendt J. Melatonin-induced temperature suppression and its acute phase-shifting effects correlate in a dose-dependent manner in humans. *Brain Res*, 1995; 688(1-2):77-85.
4. Haimov I, Lavie P, Laudon M, Herer P, Vigder C, Zisapel N. Melatonin replacement therapy of older insomniacs. *Sleep*, 1995; 18(7):598-603.

5. Nave R, Peled R, Lavie P. Melatonin improves evening napping. *Eur J Pharmacol*, 1995; 275 (2):213-216.

## Supplement Facts

Serving Size 2 Capsules

Amount Per Serving		% Daily Value
Valerian Root Extract	150 mg	*
Passion Flower Extract	75 mg	*
Hops Strobile Powder (Fruit)	50 mg	*
Chamomile Flower Powder	50 mg	*
Lemon Balm ( <i>Melissa Officinalis</i> Powder)	50 mg	*
Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract	143 mg	*
with added L-Theanine		
Melatonin	1 mg	*

\* Daily Value not established

## DIRECTIONS FOR USE

Take two (2) capsules with eight (8) ounces of liquid 30 minutes before bedtime for the relief or occasional sleeplessness.\*

## WARNINGS

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician prior to use. This product is not recommended for use when driving or operating machinery.