



LabNaturals, Inc.

Holistic Health Apothecary

# Sleep Ezz

**The Sleep Ezz formulation, to be taken 1 hour before bed, is designed to improve problems with sleep.\* Sleep Ezz was formulated to help support the neurotransmitters dopamine and serotonin, which have a role with sleep cycles and anxiety.\***

Neurotransmitters are natural chemical messengers in the nervous system that send signals from one nerve cell across a synapse to another nerve cell or target organ. Serotonin plays a role in sleep, mood, intestinal function, pain control, and inflammation. Dopamine plays a role in cognitive function, memory, learning, and pleasure. In our bodies, dopamine is released as a result of rewarding experiences. Certain nutrients and amino acids may help to balance levels of neurotransmitters by providing co-factors that assist in the body's ability to manufacture neurotransmitters.\*

#### About the Ingredients

**Gamma aminobutyric acid (GABA)** is a naturally occurring amino acid that works as a neurotransmitter in your brain. Neurotransmitters function as chemical messengers. GABA is considered an inhibitory neurotransmitter because it blocks, or inhibits, certain brain signals and decreases activity in your nervous system. When GABA attaches to a protein in your brain known as a GABA receptor, it produces a calming effect. This can help with feelings of anxiety, stress, and fear. It may also help to prevent seizures. As a result of these properties, GABA has also become a popular supplement in recent years. This is partly because it isn't available from many food sources.

**L-Taurine-** is an essential amino acid is a GABA-receptor agonist, meaning it produces a GABA-like effect in the body. GABA is a sedating, inhibitory neurotransmitter. In animal studies, application of taurine with GABA, or taurine with glycine produced stronger effects than taking either glycine or GABA alone.(iv) Taurine is can be used to enhance sleep quality.(v)

**Suntheanine® (L-Theanine)** stimulates activity in the brain known as alpha waves, which are associated with a relaxed but alert mental state. Human clinical trials have shown Suntheanine® to promote an alert state of relaxation without drowsiness, as indicated by an increase in Alpha brain waves, and a decrease in Beta brain waves. Suntheanine® is protected by over 40 U.S. and international patents for its various physiological efficacies and L-isomer specific production processes.

**L-Glycine-** is a non-essential amino acid. It has been used to protect brain cells after ischemic stroke. Glycine is also thought to promote a sense of well-being and reduce anxiety. Research has shown that glycine can subjectively and objectively improve sleep quality.(vi) In a study where people's sleep was restricted, glycine also reduced daytime sleepiness.(vii)

**5-HTP-** stands for 5- hydroxytryptophan, and is used by the body to make serotonin. 5-HTP is not found in food sources, the body manufactures 5-HTP from tryptophan, an amino acid found in dietary protein. Many conditions have been shown by studies to be helped by 5-HTP supplementation, including insomnia, depression, fibromyalgia, obesity (by reducing appetite), and headaches. 5-HTP should always be used under the supervision of a healthcare practitioner. In addition, the lowest possible dose should be used first and the dose should be titrated up slowly. **5-HTP should not be taken concurrently with pharmaceutical anti-depressants unless otherwise directed by your healthcare practitioner.**

**Vitamin B-5 (D-Calcium pantothenate)-** is a water-soluble B vitamin with numerous biological roles. Vitamin B-5 is used by the body to manufacture, among other things, coenzyme A which is an important compound for energy metabolism and the production of fatty acids, cholesterol, and the neurotransmitter acetylcholine. D-Calcium pantothenate is the preferred, metabolically active form of B-5 used in higher quality nutritional supplements.

**Vitamin B-6 (Pyridoxal 5-phosphate)-** is a water-soluble B vitamin that performs many functions in the body. B-6 – dependent enzymes assist in the biosynthesis of the important neurotransmitters GABA, dopamine, serotonin, epinephrine, and norepinephrine. Pyridoxal 5-phosphate is the preferred, metabolically active form of B-6 used in higher quality nutritional supplements.

**Melatonin-** is a hormone naturally produced by the body to regulate circadian rhythm (sleep-wake cycle). Melatonin secretion may be disrupted by aging, hormonal changes, and night-time exposure to light, among other things. Melatonin supplements are well known for their ability to combat insomnia. (viii)

## SUPPLEMENT FACTS

Available Bottle Sizes: 8, 60, or 120

Serving Size: 2 Capsules

Servings Per Container: 4, 30, or 60

Amount Per Serving

Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg
Pantothenic Acid (as Calcium-D-Pantothenate)	10 mg
Gamma Amino Butyric Acid (GABA)	500 mg
Glycine	500 mg
Taurine	250 mg
L-Theanine (as Suntheanine®)	100 mg
5-Hydroxytryptophan (5-HTP) (from Griffonia simplicifolia Seed Extract)	50 mg
Melatonin	3 mg

**Other Ingredients:** Hypromellose (Capsule), Rice Flour, Vegetable Stearate.

**Suggested Use:** As a dietary supplement, take 2 capsules one hour before bedtime, or as directed by your healthcare practitioner.

**Warning:** Consult a healthcare professional if you are pregnant or nursing, experiencing long-term sleep difficulties; before use in children; before use in those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin.

**Suntheanine®**

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