



Ortho•Sleep™



A Natural Solution to Promote Restful Sleep

- Prevents Insomnia
- Restores restful sleep patterns
- Promotes relaxation and reduces anxiety

Insomnia – a Common Problem

Sleep is essential for maintaining proper cognitive and motor function, however up to 58% of Americans suffer from symptoms of insomnia, a sleep disorder characterized by difficulty falling asleep and staying asleep. This results in disrupted sleep patterns that can negatively influence many aspects of life, including reduced performance at work or school and moodiness.

Neurotransmitters and Sleep

Neurotransmitters are chemical messengers that transmit messages between nerve cells in the brain. These important messengers are essential for regulating many processes and responses in the body, including day-night cycles and sleep. Some of the most important of these neurotransmitters are GABA, which reduces anxiety and promotes relaxation, as well as serotonin and melatonin which help regulate the body's daily sleep cycle.

Getting More Sleep

Ortho•Sleep contains a carefully formulated blend of nutrients and compounds that have been shown to be effective in combating insomnia and promoting healthy, restful sleep. These include neurotransmitters like GABA and melatonin, as well as 5-HTP, a serotonin precursor. The formula further includes the amino acid L-theanine as well as valerian root, passionflower extract, and lemon balm, all of which possess relaxing properties, and work to increase the activity of GABA in the brain.

This information has not been evaluated by the Natural Health Product Directorate of Canada (NHPD). Supplements mentioned are not intended to diagnose, treat, cure, mitigate or prevent any medical condition. The only exceptions are those health claims approved by the NHPD, which are listed on the labels of each product and on the NHPD website for products with Natural Product Numbers (<http://webprod3.hc-sc.gc.ca/inhpd-bdpsnh/index-eng.jsp>).

NPN: 80028811

60 Vegi-Caps

AOR04186

Serving Size:

2 Capsules

GABA (Gamma Aminobutyric Acid) 100 mg

L-Theanine 200 mg

L-5-Hydroxytryptophan (Griffonia Seed) 100 mg

Melatonin 3 mg

Valerian Root Extract (0.8% Valerenic acid) 150 mg

Passionflower extract (aerial parts) 32 mg

Lemon balm extract (aerial parts)† 300 mg

†cyraCOS is a registered trademark of

Naturex, Inc.

Key Features:

Promotes Sleep and Relaxation

Suggested Use:

Take 1-2 capsules before bedtime or as directed by a qualified health care practitioner.

Main Indications:

Insomnia

Sleep

Relaxation

Cautions: Consult a health care practitioner prior to use if taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAME), St. John's Wort, antidepressants, pain killers, cough/cold medication containing dextromethorphan, anti-nausea, anti-blood pressure and anti-migraine medication. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Some people may experience gastrointestinal disturbances such as diarrhea, nausea, vomiting and abdominal pain as well as drowsiness. Do not use if you have scleroderma. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not drive or use machinery for 5 hours after taking Ortho•Sleep. Exercise caution if engaging in activities requiring mental alertness. Do not take Ortho•Sleep if trying to conceive, or taking immunosuppressive drugs. Not to be used by individuals under the age of 18 or those with a medical condition such as a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and or hypertension. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Consult a health care practitioner if symptoms persist or worsen. Consumption with alcohol, other medications or health products with sedative properties is not recommended.

Pregnancy / Nursing: Do not use

Source: Multi-Source

Complementary Products:

Glycine, Niacin No-Flush, Carnosine-500

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The Importance of Sleep

Sleep is a natural state of bodily rest that is essential for the maintenance of normal motor and cognitive function as well as general alertness and well being. Sleep is regulated by the body's internal clock, which keeps track of light levels, the time of day and other important cues for sleep and awakening. There are two primary types of sleep, REM (Rapid Eye Movement) sleep, which is dreaming sleep, and Non-REM sleep, which consists of four stages of progressively deeper sleep. All sleep stages are important, however, deep sleep and REM sleep are especially vital.

Many people have trouble sleeping or have disrupted sleep patterns. People suffering from insomnia spend less time in deeper levels of sleep, wake up more often, and experience a reduction in very important REM sleep. Chronic insomnia can lead to excessive sleepiness during the day, impaired cognitive and motor function, confusion, irritability, an increased risk of injury, and an overall reduced quality of life. Insomnia can be caused by a variety of factors, including stress, anxiety, diet, or a disruption of the body's internal clock (jet lag).

Natural Relief from Sleeplessness

Neurotransmitters are the key to sleep regulation. These chemicals are like tiny messengers in the brain, transmitting signals from one neuron to another and modulating a huge number of functions in the human body, including sleep. Gamma-aminobutyric acid or GABA is the most important inhibitory neurotransmitter in the brain. GABA acts like a "brake" during times of stress or anxiety, regulating brain excitability and inducing relaxation. GABA receptors are highly concentrated in the hypothalamus, the region of the brain associated with sleep. GABA is effective against insomnia, and has been shown to affect the brain directly, increasing α -brain waves (those associated with relaxation) and reducing β -brain waves (those associated with anxiety and stress).

Serotonin and melatonin are also key neurotransmitters. Melatonin is produced by the pineal gland in the brain, and it controls the body's internal clock. Melatonin has been shown to increase sleep time and reduce the time it takes to fall asleep. It can also help to reset the body's sleep-wake cycle, a benefit to those suffering from jet lag. Serotonin is essential for sleep modulation in its own right, and can also be converted by the body into melatonin. 5-HTP is a metabolite of the amino acid tryptophan and a precursor to serotonin. 5-HTP boosts serotonin levels, and can also increase REM and deep sleep phases, making sleep more restful.

L-theanine, valerian root, passionflower extract and lemon balm are four other nutrients that have demonstrated promising effects in promoting restful sleep. L-theanine, an amino acid from green tea, is known for its relaxing and anti-anxiety properties. It can act directly on the brain, influencing brain wave patterns in a similar fashion to GABA, and also indirectly by stimulating GABA production. Valerian root and passionflower extract have long been recognized as effective sleep aids, helping to reduce restlessness and anxiety. There is evidence that compounds in these plants are able to stimulate increased GABA release or activate GABA receptors, as well as inhibit enzymes that break down neurotransmitters like GABA and serotonin. Lemon balm has also been shown by research to be an effective sleep aid, especially when used in combination with other herbal extracts like valerian root.