

TECHNICAL DATA SHEET



SLEEP & STRESS MANAGEMENT SLEEP EASY™

Supports healthy hormonal and neurotransmitter function.

Sleep plays an important role in physical health. Scientific research has shown a correlation between having adequate sleep and having a healthy body. Cellular repair, circulatory health, hormone balance and immunity support are just a few functions that are associated with proper sleep. The biochemical pathway for serotonin production requires the amino acid tryptophan. GABA is an amino acid that functions as a neurotransmitter in the brain. Our formula is a unique combination of amino acids and botanical ingredients, along with melatonin and magnesium. **Sleep Easy** contains the nutritional support to create a better sleep experience by promoting mental calmness and settling the central nervous system, which results in a more restful, revitalizing sleep.

Supplement Facts

Serving size: 1 capsule
Servings per container: 60

Amount per serving		%DV
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Magnesium (as Bisglycinate and Citrate)	50 mg	12%
<i>Sleep Easy Proprietary Blend:</i>	495 mg	*
GABA (gamma-aminobutyric acid), Hops extract (strobile) (<i>Humulus lupulus</i>), Passionflower extract (flower) (<i>Passiflora</i> spp), Valerian (root) (<i>Valeriana sitchensis</i>), L-Tryptophan, Skullcap extract (root) (<i>Scutellaria baicalensis</i>), Jujube (fruit) (<i>Ziziphus jujuba</i>), L-Theanine, Polygala extract (root) (<i>Yuan zhi</i>), 5-HTP (5-Hydroxytryptophan), Melatonin		

* Daily Value not established.

Other Ingredients: vegetarian capsules (hypromellose, purified water), silicon dioxide

Recommended Use: 1 or 2 capsules 30 minutes before bedtime, or as directed.

INGREDIENTS:

Valerian (Valeriana Sitchensis)

The applicable part of valerian is the root. Valerian constituents support the enzyme system responsible for the central catabolism of GABA, increasing GABA concentrations and decreasing central nervous system activity (1). The specific species of valerian used is critical for the 10-15% of those individuals who adversely respond to *Valeriana officinalis*. *Valeriana sitchensis* species supports calming effects without the exciting effects sometimes associated with the *officinalis* species for sensitive individuals.

Valeriana sitchensis is found in temperate regions, in high mountain meadows. While attempts have been made to cultivate this botanical, it remains elusive to the farmer and is instead sourced from wild places. We are so lucky to have this botanical growing right here in Oregon, where we source our highly potent roots from harvesters with years of experience who dig and replant the roots of our Valerian every year. The roots are dug, washed, and immediately dried and sent to our labs, guaranteeing the maximum freshness and vitality. At the same time that the roots are harvested, small pieces are replanted in the newly turned soil to ensure harvests for generations to come. Our harvesters have been managing the same stands for over ten years and report a growing quantity of Valerian each year from their past replants and cultivation in the forest. It is an honor to have access to this special botanical and bring it forward in our Sleep Easy formula.

5-Hydroxytryptophan (5-HTP)

5-HTP is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. Research shows administration of 5-HTP may increase serotonin (2). The enzyme tryptophan hydroxylase adds a hydroxyl group (OH) to tryptophan, forming the 5-HTP intermediate. In the body, it converts to serotonin with the removal of a carboxyl group (COOH) by a second enzyme. Increased serotonin levels facilitate sleep and support positive mood regulation. Serotonin is an important neurotransmitter involved in the regulation of healthy endocrine and brain activity responsible for emotion, appetite, and sleep/wake cycles.

Replaces all previous versions: 3.15.24

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

L-Theanine

Theanine, a major amino acid found in green tea, has been recognized for supporting relaxation and stress reduction. L-theanine was found to cross the blood brain barrier and enhance alpha wave production in the occipital and parietal regions of the brain (3).

GABA (Gamma-Aminobutyric Acid)

In the central nervous system, the amino acid GABA functions as the primary inhibitory neurotransmitter. It is synthesized in the brain by the decarboxylation of glutamate. Research indicates that GABA has anxiolytic, sedative, and anticonvulsant properties at the cellular level (4). GABA may support reduced feelings of anxiety by decreasing limbic firing. The balance between the limbic system and the rest of the brain to communicate in an orderly manner critically depends on inhibition. GABA supports the cells from firing, diminishing the anxiety-related messages from reaching the cortex.

Melatonin

Melatonin is a hormone produced by the pineal gland, the organ that regulates the body's sleep/wake cycle. The hormone is secreted in a circadian rhythm by enzymes, which are activated by darkness and depressed by light (5). Research studies show melatonin facilitates sleep, shortens the time needed to go to sleep, reduces the number of night awakenings, and improves sleep quality.

Vitamin B6

Pyridoxine is required for amino acid metabolism. Pyridoxine increases the production of serotonin, which is fundamental for sleep.

Magnesium

Magnesium is involved with more than 300 enzyme systems and plays an essential role in more than 300 cellular reactions (6). Our bodies contain 25 grams (less than one ounce) of magnesium.

Hops (flower)

The applicable parts of hops are the dried, female flowering parts (stobiles). Nine flavonoids have been isolated from hops. Hops have been used successfully for restlessness, feelings of anxiety, and other sleep disturbances.

Skullcap

The applicable parts of skullcap are the above ground parts that contain flavonoids, lignins, resins, tannins and volatile oils. The principle flavonoids of skullcap are baicalin, and wogonin (7). Research indicates the flavonoid constituents of skullcap act as GABA agonists (8). Constituents of skullcap appear to bind the serotonin receptor 5-HT7.

Passionflower

The applicable parts of passionflower are the above ground parts. Passionflower contains several active constituents, including the flavonoids apigenin, luteolin, quercetin, kaempferol, and vitexin.

Jujube and Yuan Zhi

Jujube and Yuan Zhi are two Chinese herbal nerve tonics that promote a more restful and uninterrupted sleep. In combination, they work synergistically to shorten the time interval to get to sleep as well as positively affecting delta brain wave activity that indicates a deeper and more restful sleep.

Patients: Consult with your healthcare professional for the proper use of this formula. Do not drive or operate machinery after using this product.

For more information about this and other Condition Specific Formulas® please visit our website at:

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