SLEEP TIME

A bedtime formula to support sleep and maximize sleep quality*

Sleep Time was formulated to beneficially support the neurotransmitters dopamine and serotonin.

Features:
- 4-amino-3-phenylbutyric acid
- L-Taurine
- L-Glycine
- Vitamin B-5
- Vitamin B-6
- 5-HTP (5-hydroxytryptophan)
- Melatonin

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The Sleep Time formulation, to be taken 1 hour before bed, is designed to improve problems with sleep.* Sleep Time 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

4-amino-3-phenylbutyric acid - Research has shown that 4-amino-3-phenylbutyric acid crosses the blood/brain barrier, and it can also be absorbed more efficiently than GABA (gamma aminobutyric acid). This anxiety-reducing and cognition-enhancing agent is also called phenibut or fenibut. Fenibut has been studied for its ability to prevent the negative effects of sleep deprivation, namely protecting the adrenal glands and reducing cognitive and emotional disorders caused by lack of sleep.(i) It has also been researched for its ability to reduce anxiety.(ii) Phenibut is commonly used in Russia to improve sleep, stress disorders, depression, post-traumatic stress disorders, and more.(iii)

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 can be used to enhance sleep quality.(v)

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-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 - 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

2 vegetarian capsules contain:
4-amino-3-phenylbutyric acid 500 mg
L-Taurine 500 mg
L-Glycine 500 mg
5-HTP 50mg
B5 Pantothenic Acid (as d-calcium pantothenate) 10mg
B6 (as Pyridoxal 5-phosphate) 10 mg
Melatonin 3mg

Other ingredients: vegetable cellulose (capsule), vegetarian leucine.

Warning: This product should not be taken by adolescents, pregnant or lactating women, persons taking cortisone, or person with kidney disease. 5-HTP should not be taken concurrently with pharmaceutical anti-depressants unless otherwise directed by your healthcare practitioner.

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

Nutritional Frontiers
8 Veg Caps 02JW33D.008
60 Veg Caps 02JW33D.060
120 Veg Caps 02JW33D.120

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[ii] Zalibatkova EA, Pavlova IV. [Influence of GABA antagonist fenibut on the neuronal activity and interaction in hippocampus and neocortex in emotionally negative situations]. Ross Fiziol Zh Im I M Sechenova. 2009 Sep;95(9):907-18.