

Sleep·Matrix Ashwagandha

A gentle, melatonin-free blend of herbal extracts and amino acids to reduce stress, calm the mind and improve sleep latency.

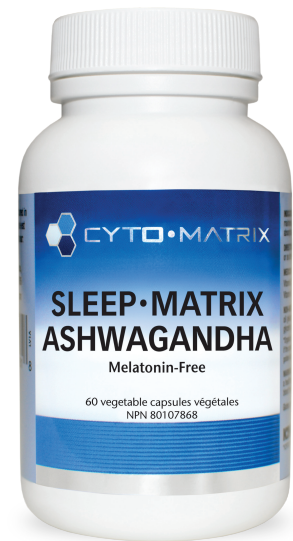
Each capsule contains:

Sensoril® Ashwagandha extract*	62.5mg
(root & leaf, <i>Withania somnifera</i>) 5:1, 8% withanolides, 2% withaferin A, 32% withania oligosaccharides, DHE 312.5mg	
Lemon balm extract (herb top, <i>Melissa officinalis</i>)	200mg
L-theanine	100mg
Passionflower extract	100mg
(herb top, <i>Passiflora incarnata</i>) 10:1, DHE 1000mg	
GABA (4-Aminobutyric acid)	50mg
German chamomile extract (flower, <i>Matricaria chamomilla</i>) 4:1, DHE 100mg	25mg

60 vegetable capsules

Sensoril® *Sensoril® is a registered trademark of Natreon, Inc.

Vegan. GMO, gluten, soy and dairy free.



Insomnia is a common concern for many adults and can be related to multiple causative factors from pain to stress to environmental changes. Inadequate or poor quality sleep not only contributes to decreased quality of life but has been linked to chronic health concerns such as metabolic syndrome, impaired immune function or hormone imbalances. **Sleep·Matrix Ashwagandha** offers a balanced formula of evidence-based herbal extracts to help patients experiencing insomnia as well as elevated stress.

Many herbal formulas are capable of improving sleep parameters simply by modulating stress and calming the mind. For example, *Matricaria chamomilla* is most commonly consumed as a soothing tea but various studies have confirmed its benefits specifically for sleep. A 2015 study that found it improved sleep parameters in postpartum women after just 2 weeks.

This sedative effect seems to be due to its apigenin content, a chemical shown to bind GABA receptors.

Passiflora incarnata is another calming herb that stimulates GABA receptors. One trial found improvements in sleep after consuming passionflower tea for just 7 days, while other studies have found that passionflower can acutely reduce stress.

Finally, both *Melissa officinalis* and *Withania somnifera* have been included in Ashwagandha Sleep Matrix for their abilities to positively regulate stress and lower blood cortisol levels, respectively. **Sensoril® ashwagandha** is a patented and well-studied extract shown to lessen irritability, improve concentration and reduce fatigue in stressed individuals.

In addition to herbal extracts, amino acids may play a positive role in supporting stress and insomnia. **GABA**

Key points

- A formula designed to improve sleep in individuals with elevated stress and an overactive mind
- Herbal extracts of *Matricaria chamomilla*, *Passiflora incarnata*, *Melissa officinalis* and *Withania somnifera* positively modulate the body's stress response and to calm the mind
- Ashwagandha is delivered as Sensoril®, a patented and well-studied extract shown to lessen irritability, improve concentration and reduce fatigue in stressed individuals
- Amino acids, GABA and L-theanine, help to acts as an inhibitory neurotransmitters that reduces nervous system excitability, increase alpha-brain waves and decrease the time needed to fall asleep
- Melatonin-free

(gamma-aminobutyric acid) is a well-known inhibitory neurotransmitter that has been found to relax the mind and reduce the amount of time it takes to fall asleep. Likewise, **L-theanine** is a single amino acid, naturally found in green tea, that is well-known to calm the mind and improve focus. Research has found that L-theanine can increase levels of various neurotransmitters in the brain, such as serotonin, dopamine and GABA, while also blocking excitatory glutamate receptors. Ultimately, L-theanine increases

alpha-brain waves and improves stress markers such as heart rate and salivary immunoglobulin A.

Collectively, these ingredients are all included in **Sleep·Matrix Ashwagandha** to support sleep in individuals with an overactive mind and elevated stress. **Sleep·Matrix Ashwagandha** is intentionally free from melatonin and valerian to provide an extremely gentle, yet effective, option for even the most sensitive patients with insomnia.

Related products

Ashwagandha Matrix
Cyto·Theanine
GABA
Magnesium Sleep·Matrix
Sleep·Matrix Melatonin
Melatonin SR 3mg
Melo·Matrix
Relax Matrix
Stress Defence

Indications: Helps to temporarily promote relaxation. Helps reduce cortisol and the symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate. Lemon Balm and passionflower are traditionally used in Herbal Medicine as a sleep aid.

Directions: Adults - Take 2 capsules, 30 to 60 minutes before or at bedtime, or as directed by a healthcare professional.

Duration of Use: Consult a healthcare professional for use beyond 12 weeks.

Non-Medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, maltodextrin. Capsule: hypromellose.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding. Consult a healthcare professional if symptoms persist or worsen, or if sleeplessness persists continuously for more than 4 weeks (chronic insomnia). Avoid taking with alcohol or products that increase drowsiness.

Known Adverse Reactions: Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Stop use if hypersensitivity/allergy occurs.



193257



V1