Sleep8

THE ABCs OF GETTING BETTER ZZZs

Sleep8
Fall Asleep Faster
Stay Asleep Longer

New Roots HERBAL

ISO 17025 Laboratory-Tested 120 vegetable capsules

NON GMO

All New Roots Herbal Products Are Tested in Our ISO 17025–Accredited Laboratory
Eight Ingredients, One Goal
Everyone needs a good night’s sleep. Sleep\textsuperscript{8} contains 8 proven ingredients that act on your mind and body to induce relaxation, conducive to restorative sleep. Their synergic action will allow you to get that elusive but well-deserved 8 hours of rest.

Passionflower Extract, 4% Flavonoids
Passionflower supports the production of gamma-aminobutyric acid (GABA), which suppresses some brain activity to induce relaxation.

Hops Extract, 3.5% Flavonoids
The compounds humulene and lupulone present in hops create in the brain a substance that helps it relax, without the risk of developing an addiction.

Skullcap, 12.5% Flavonoids
The volatile oils in skullcap are useful in the treatment of many nervous disorders.

Chamomile Extract, 5% Flavonoids
Chamomile is a common ingredient used for hops pillows and a staple in most product lines of herbal and medicinal relaxing teas.

Qiye Shen’an Pian Extract
Qiye shen’an pian isolate can maintain cerebral-cortex neurons, along with improving cellular membranes within
the cerebral cortex. The cerebral cortex is responsible for memory, attention, perceptual awareness, thought, language, and consciousness; without adequate quality sleep, our attention span and our ability to concentrate, learn, and make critical decisions concerning our general wellbeing are put at risk.

Stress can compromise the defense mechanisms that allow the cerebral cortex to rest and rejuvenate; qiye shen’an pian isolate strengthens these defense mechanisms and decrease subcortex excitability, resulting in a calming effect.

**Melatonin**
Melatonin is produced by the brain’s pineal gland and controls the production of hormones that regulate our sleep patterns (circadian rhythm). Light suppresses the production of melatonin, leaving shift workers and people travelling across multiple time zones often deficient in levels of this hormone.

**Catnip Herb Top**
Catnip drives most cats crazy with its effects on the pheromone receptors; however, it has the opposite effect on humans, as it calms the nervous system, thus complementing the other ingredients in the formula.

**Magnesium**
The highly bioavailable chelated form of magnesium bisglycinate has a calming effect on the nervous and muscular systems. Magnesium participates in over 300 enzymatic reactions, including
those generating cellular energy within the mitochondria, the “power stations” of every cell in our bodies. Magnesium also plays the role of gatekeeper for the absorption and release of calcium from the skeletal system.

Sweet Dreams!
Get to bed with Sleep\textsuperscript{8} and treat your mind and body to the restorative rest and relaxation they deserve.

Make Life Better · newrootsherbal.com

Each capsule contains:
Chamomile (\textit{Matricaria recutita}) flower extract,
5% flavonoids .................................................. 35 mg
Hops (\textit{Humulus lupulus}) strobile extract,
3.5% flavonoids................................................. 35 mg
Passionflower (\textit{Passiflora incarnata}) flower extract,
4% flavonoids .................................................. 35 mg
Skullcap (\textit{Scutellaria lateriflora}), 12.5% flavonoids ...... 35 mg
Qiye Shen’an Pian (\textit{Panax notoginseng}) leaf extract..... 25 mg
Magnesium (from 111 mg of magnesium bisglycinate). . . 20 mg
Catnip (\textit{Nepeta cataria}) herb top .......................... 15 mg
Melatonin ......................................................... 500 mcg

Other ingredients:
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.
V0385-R8 · NPN 80031162

Directions of use:
Adults: Take 1–4 capsules at or before bedtime or as directed by your health care practitioner.

Duration of use:
Consult a health care practitioner for use beyond 4 weeks.
Manufactured under strict GMP (Good Manufacturing Practices).