

PRODUCT INFORMATION

Biosleep®

In cases of occasional sleeplessness, Biosleep® shortens the time it takes to fall asleep and ensures a restful night's sleep. Biosleep®'s effectiveness can be attributed to its well-balanced combination of natural and biogenic constituents.

Basic Facts

Sleep concerns may be temporary, occasional or long-term. When sleep issues present themselves, there should always be an initial search for the triggering cause. Biosleep®, a well-balanced combination of natural and biogenic constituents, is an ideal go-to remedy in cases of occasional sleeplessness.

People spend about one-third of their lives sleeping. In Western industrialized countries, however, sleep concerns are a frequent problem that can lead to considerable strain at work, in private life and on one's health. On the one hand, stress-related strain may serve as an explanation for poor sleep. But, on the other hand, extreme shifts in the day/night circadian rhythm may be to blame, especially in the elderly.

Among the various types of sleep concerns, there often exists a general problem with falling asleep and/or sleeping through the night. Difficulty falling asleep may also be caused by ingesting stimulating substances such as coffee, cola drinks and the like. Other factors that can make it difficult to fall asleep quickly are noise, pain, stress, worries, depression and anxiety. Difficulty sleeping through the night often results in a dearth of extended, continuous periods of sleep. Waking up too early and poor sleep quality in general can also be caused by depression or anxiety.

In principle, sleep concerns are either temporary or chronic. This is why it is important to first determine the underlying problem (nasal polypi, snoring, sleep apnoea syndrome, etc.) before beginning treatment. After all, there are numerous natural solutions when it comes to improving sleep, for example, getting regular exercise. However, lifestyle modifications should also be considered. If other natural answers do not help, taking a proven combination of natural remedies, such as Biosleep®, may help to interrupt the vicious cycle of sleeplessness.

Effects

The effects of Biosleep® can be attributed to a well-balanced combination of the following constituents:

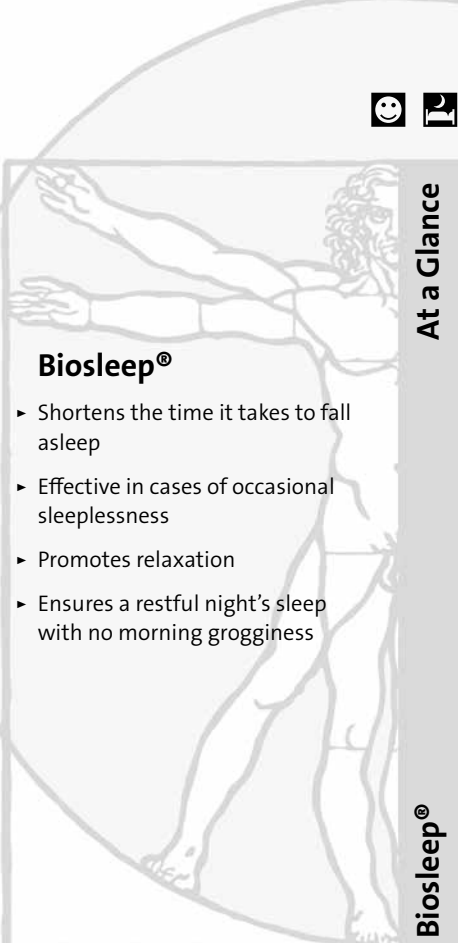
5-hydroxytryptophan (5-HTP®), a precursor to serotonin, is formed in the body from the essential amino acid tryptophan. Serotonin is formed by the accumulation of hydrogen and the degradation of carbon, and a deficiency in this biogenic amine can cause depression, anxiety and aggressiveness. Serotonin also plays an important role in sleep rhythm, appetite, memory and learning abilities, pain control, inflammatory reactions and bowel peristalsis.

To optimize the metabolization of 5-HTP®, Biosleep® also provides **vitamin B6** (pyridoxine). Aside from its effects on cell division and cell renewal, this vitamin also plays a role in the production of all of the important neurotransmitters in the brain, including serotonin, dopamine and noradrenaline. Therefore, vitamin B6 deficiency may lead to various severe conditions such as depression.

Valerian is an active plant constituent that helps to induce sleep, promotes deep sleep and fosters dreaming. An advantage of valerian is that it does not cause morning grogginess (a frequent side effect of pharmaceutical products). In general, valerian has a soothing influence on the entire nervous system.

Hops is another natural plant ingredient traditionally used for sleep concerns, so it is not surprising that this active ingredient is included in Biosleep®. The amaroids contained in hops exhibit particularly favorable effects on digestion. Their mildly sedative properties are also valued, which is why hops are frequently combined with valerian.

Somewhat less known are the fields of application of **passionflower** (passiflora). The edible maracuja, or passion fruit, is the fruit of the passionflower plant. Aside from the edible fruit, the passionflower plant contains cyanide-like compounds which, when ingested, may cause vomiting, headache, dizziness and cramps, but no serious damage. In medicine, passiflora is used as an agent against nervousness and sleeplessness.



Biosleep®

- ▶ Shortens the time it takes to fall asleep
- ▶ Effective in cases of occasional sleeplessness
- ▶ Promotes relaxation
- ▶ Ensures a restful night's sleep with no morning grogginess

At a Glance

Biosleep®

Also contained in Biosleep® are **peppermint, chamomile and lemon balm**. Peppermint oil exhibits a relaxing (antispasmodic) effect and can also be used locally to relieve pain. Chamomile has been used for centuries to treat gastrointestinal disturbances. The active constituents of the plant also possess inflammation-modulating and antispasmodic properties and have a relaxing effect on the smooth muscles. Due to its relaxing properties, lemon balm has also been traditionally used in treating sleep concerns.

To increase the absorption of all constituents in the formula, Biosleep® also contains the substance **Bioperine®**. Bioperine® is a standardized extract derived from black pepper which contains 98 percent pure piperine. This active ingredient has mild analgesic properties, helps improve the absorption of vitamins and increases the bioavailability of numerous medicines.

Uses

Biosleep® may be successfully used in the treatment of temporary and occasional sleep concerns. Biosleep®'s constituents have a sleep-inducing, relaxing effect and support a continuous course of sleep in line with the physiologic sleep phases.

Composition

One capsule contains:

5 HTP®	50 mg
Vitamin B6	2 mg
Valerian root	100 mg
Peppermint leaves	100 mg
Passion flower extract	50 mg
Chamomile	20 mg
Lemon balm	100 mg
Hop	30 mg
Valerian root extract 4:1	15 mg
Bioperine®	2,5 mg

in pharmaceutical grade. Other ingredients: magnesium stearate.

Dosage

In normal cases, 1–2 capsules should be taken approximately 1 hour before bed on an empty stomach with plenty of fluid. Ideally, Biosleep® should be taken at least 2 hours after the last meal.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

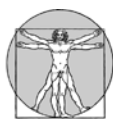
Store in a cool and dry environment, out of reach for children.

Biosleep® Product Groups

Biosleep® can be found in the following product groups (www.vitabasix.com):

-  Depression & Moods
-  Sleep

Manufacturer:



VitaBasix®

by LHP Inc.

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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