



Sleep Like a Pro

30 VEGETARIAN CAPSULES

SLEEP LIKE A PRO

DESCRIPTION

Sleep Like a Pro, provided by Douglas Laboratories®, is a proprietary blend of *Magnolia officinalis* and *Ziziphus spinosa*, as well as a synergistic herbal blend, specifically designed to promote healthy sleep and support the body's normal nocturnal rhythms during stress.*

FUNCTIONS

For many individuals, the hectic pace of a Western lifestyle, lack of exercise and poor eating habits can lead to sub-optimal health. Often, these same individuals do not receive enough sleep at night. The vast majority of health care providers now recommend that individuals receive at least 7-8 hours of sleep.* This lack of sleep has been shown in studies to be a major cause of elevation of stress (cortisol) and appetite (ghrelin) hormones, which is thought to lead to a further progression of poor sleep and eating habits. These poor habits may be part of the factors that determine weight gain, cardiovascular fitness, mental alertness, immune health and other important indicators of optimal health and wellbeing.*

Sleep Like a Pro is designed to support healthy sleep patterns and help normalize stress hormones, thus leading to better sleep and relaxation patterns. The main ingredients of **Sleep Like a Pro**, *Magnolia* and *Ziziphus*, have been used in Traditional Chinese Medicine for hundreds of years and are well regarded for their roles in stress management.* In one clinical trial testing **Sleep Like a Pro** in adults, 87% of the participants agreed with the statements "Sleep Like a Pro helps you relax" "Sleep Like a Pro reduces fatigue due to lack of sleep" and "Sleep Like a Pro allows you to wake up feeling refreshed."* In the same clinical trial, 83% of the participants agreed with the statement that "Sleep Like a Pro helps insure a sound night's sleep." In a second clinical trial, over 87% of the participants agreed with the same aforementioned statements.* In addition to **Seditol**®, chamomile, lemon balm and passion flower are included for the relaxing properties they can provide to assist the body's requirement for a restful night's sleep.

INDICATIONS

Sleep Like a Pro may be a useful dietary adjunct for individuals wishing to support normal sleep patterns and help reduce stress-induced sleeplessness.

FORMULA (#99446)

1 vegetarian capsule contains:

Seditol® (a proprietary blend of *Magnolia officinalis*[bark] and *Ziziphus spinosa*[seed]) 365mg

Proprietary Blend 25mg

Chamomile (flower), Passion flower (aerial parts and lemon balm (aerial parts) **Sleep Like a Pro** is a registered trademark of NPI, LLC.

SUGGESTED USAGE:

As a dietary supplement, adults take 1 capsule 1 hour before bedtime or as directed by your healthcare professional.

Caution: CAUSES DROWSINESS. Consumption may impair ability to drive or operate machinery. Alcohol may intensify this effect. Do not take this product if you are taking a prescription drug without consulting your physician first. Do not use while pregnant or lactating. Not intended for children.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Seditol® is a registered trademark of NPI, LLC.**U.S. Patent No. US 6,814,987

Manufactured by: DOUGLAS LABORATORIES

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FORMULA #99446-30PRO/#2115274

Supplement Facts

Serving Size 1 vegetarian capsule
Servings Per Container 30

Amount Per Serving	%DV
Seditol ® (a proprietary blend of a patented** extract from <i>Magnolia officinalis</i> [bark] and a proprietary extract from <i>Ziziphus spinosa</i> [seed])	365 mg *
Proprietary Blend Chamomile powder (flower), Passion flower powder (aerial parts) and Lemon Balm extract (leaf).	25 mg *

*Daily Value not established.

REFERENCES

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Taheri S, Lin L, Austin D, Young T, Mignot E. Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index. *PLoS Med.* 2004 Dec;1(3):e62. Epub 2004 Dec 7.

Vgontzas AN, Bixler EO, Lin HM, Prolo P, Mastorakos G, Vela-Bueno A, Kales A, Chrousos GP. Chronic insomnia is associated with nyctohemeral activation of the hypothalamic-pituitary-adrenal axis: clinical implications. *J Clin Endocrinol Metab.* 2001 Aug;86(8):3787-94.

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