

[Developed by Dr. Jacob Teitelbaum]⁺

Protocol Objective:

To support healthy rest/sleep.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations [*]	Dosing
Support healthy sleep and nocturnal rhythms	Trouble falling asleep and/or staying asleep	Seditol® Plus	1 capsule, 1 hour before bed
Support healthy sleep	Sleep is affected by stress Falls asleep during the day	Rest Reset™	1 capsule, 30-60 minutes before bed, without food
Support healthy iron levels	Keep ferritin levels over 60 mcg/dL	Ferronyl® Iron	1-2 tablets daily
Support healthy muscle function and relaxation	Feels restless during sleep	Magnesium Glycinate	1 tablet, 1-2 times daily

^{*}Please note that patients may not require all supplements listed.

⁺Dr. Teitelbaum is a retained consultant for Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at douglaslabs.com/tu-protocol-sleep



douglaslabs.com | 1.800.245.4440

To order visit us @ douglaslabs.com or call toll free @ 1-800-245-4440



112 Technology Drive
Pittsburgh, PA 15275 U.S.A.

© 2018 Douglas Laboratories. All rights reserved.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.