

SLEEP

Developed with Dr. Jacob Teitelbaum⁺

Protocol Objective:

To support healthy rest/sleep.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy sleep and nocturnal rhythms	Trouble falling asleep and/or staying asleep	Melatonin P.R. 3 mg Prolonged Release Formula: 83199	1 capsule, before bed
Support healthy sleep	Sleep is affected by stress Falls asleep during the day albumin > 4.5 g/dL	Rest Reset™ Formula: 202401	1 capsule, 30-60 minutes before bed, without food
Support healthy iron levels	Keep ferritin levels over 60 mcg/dL	Ferronyl® Iron Formula: 7035	1-2 tablets daily
Support healthy muscle function and relaxation	Feels restless during sleep	Magnesium Glycinate Formula: 202559	1 tablet, 1-2 times daily

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

+Dr. Jacob Teitelbaum is a retained advisor 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/protocols