

SLEEP & RELAXATION SUPPORT FOR HEALTHY LIVING[‡]



PUSH YOUR POTENTIAL.

[‡]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.


SLEEP & RELAXATION

According to the National Sleep Foundation, sleep is essential for health and well-being, yet millions of people do not get enough. Many sleep experts agree that stress is the number one cause of short-term sleeping difficulties. Adequate sleep is important for effective decision-making, task completion, memory recall and cognitive function. Addressing the lifestyle factors that lead to healthy sleep and utilizing supportive nutrients for management of cortisol, hormones, neurotransmitters and relaxation will help optimize health and wellness.‡

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SCIENTIFIC ADVISORY BOARD



PENNY KENDALL-REED, N.D.*

Penny Kendall-Reed, N.D., is a Naturopathic Doctor in Toronto. After graduating from McGill University with a BSc. in Neurobiology, she earned a degree in Naturopathic Medicine from the Canadian College of Naturopathic Medicine, where she received the Dr. Allen Tyler Award for Most Outstanding Clinician. In 2013, she was voted Naturopath of the Year by her peers and colleagues. Dr. Kendall-Reed is the co-author of five national bestselling books. She travels throughout the world lecturing on metabolic and endocrine function, holds health retreats and appears regularly on television, magazine and radio. Presently, Dr. Kendall-Reed is the director of natural therapies at the Urban Wellness Clinic in Toronto.

*Dr. Kendall-Reed is a retained advisor to Atrium Professional Brands.
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ABOUT US

For over 65 years, Douglas Laboratories® has been dedicated to meeting the needs of healthcare professionals. As a globally recognized leader in the development of innovative, science-based nutritional supplements, we strive to help healthcare professionals and their patients push their potential for healthy living, today and in the future.‡

SLEEP & RELAXATION PRODUCTS

Goodnight Gummy™
Promotes relaxation and restful sleep‡

Goodnight Gummy™ is formulated with sustained-release melatonin for 6-hour sleep support combined with lemon balm and L-theanine to promote sleep onset, restful sleep and relaxation in a delicious, natural raspberry tea-flavored gummy.‡

SUGGESTED USAGE: CHILDREN AGES 8 AND UP, TAKE 1 GUMMY DAILY, 30-60 MINUTES BEFORE BEDTIME.
ADULTS, TAKE 2 GUMMIES DAILY, 30-60 MINUTES BEFORE BEDTIME.

Serving Size:	1 Gummy (2.2 g) (ages 8-18)	2 Gummies (4.4 g) (Adults)
Servings Per Container:	60	30

Amount Per Serving		
Calories	5	10
Total Carbohydrate	2 g	3 g
Total Sugars	<1 g	1 g
Includes <1 g of Added Sugars (1 gummy)		
Includes 1 g of Added Sugars (2 gummies)		
Vitamin B ₆ (as pyridoxine HCl)	1.5 mg	3 mg
Sodium	10 mg	15 mg
Melatonin (as MicroActive® melatonin sustained-release complex)	0.5 mg	1 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf)	20 mg	40 mg
L-Theanine	75 mg	150 mg
Organic Fruit Blend	2.5 mg	5 mg
Organic Strawberry (<i>Fragaria x ananasa</i>) Fruit, Organic Raspberry (<i>Rubus ideaus</i>) Fruit, Organic Wild Blueberry (<i>Vaccinium angustifolium</i>) Fruit, Organic Tart Cherry (<i>Prunus cerasus</i>) Fruit, Organic Pomegranate (<i>Punica granatum</i>) Fruit, Organic Cranberry (<i>Vaccinium macrocarpon</i>) Fruit		

Other ingredients: Isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry and black tea flavor with other natural flavors, citric acid, hypromellose, sodium citrate, sodium alginate, microcrystalline cellulose, black carrot powder (color), coating (organic sunflower oil, organic carnauba wax), organic stevia leaf extract

WARNING: Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

MicroActive® is a registered trademark of BioActives, LLC.

Formula	Size
202730	60 Gummies



L-Theanine
Promotes relaxation and neurological health‡

L-Theanine supplies 100 mg of pure L-theanine in each vegetarian capsule. L-Theanine is an amino acid that may promote a sense of calmness.‡

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule •
Servings Per Container 60

Amount Per Serving	
L-Theanine (as Suntheanine®)	100 mg
Other ingredients: Microcrystalline cellulose, dicalcium phosphate, hydroxypropyl methylcellulose (capsule) and vegetable stearate	
Suntheanine® is a registered trademark of Taiyo International Inc.	

Formula	Size
98740	60 Vegetarian Capsules Melatonin P.R.



**Melatonin P.R.
3 mg Prolonged-Release
(Tablets)**

Support for restful sleep‡

Melatonin P.R. contains 3 mg of high purity melatonin in a prolonged-release tablet, formulated to slowly break down and release in the small intestine.

SUGGESTED USAGE: 1 TABLET, 1 HOUR BEFORE BEDTIME
Serving Size 1 Tablet

Amount Per Serving	
Melatonin	3 mg
Other ingredients: Dicalcium phosphate, microcrystalline cellulose, ethylcellulose, stearic acid, vegetable stearate, coating (hypromellose, glycerin) and silica	

Formula	Size
83199	60 Tablets 180 Tablets



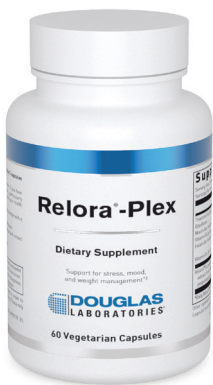
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SLEEP & RELAXATION PRODUCTS

Relora®-Plex

Support for stress, mood, and weight management†‡

Relora®-Plex is a unique proprietary blend that combines two herbal extracts, Magnolia and Phellodendron, with B-vitamins to support normal mental functioning during stress. Relora® was shown in published clinical studies to support stress, mood and weight management.†‡



SUGGESTED USAGE: 2 DAILY

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Thiamine (as thiamine mononitrate)	10 mg
Riboflavin	10 mg
Niacin (as niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl)	10 mg
Folate (as folic acid)	333 mcg
DFE	(200 mcg folic acid)
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg
Relora®	500 mg
(a proprietary blend of a patented extract from <i>Magnolia officinalis</i> (bark) and a proprietary extract from <i>Phellodendron amurense</i> (bark))	

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and vegetable stearate

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

Relora® is a Lonza trademark, registered in USA. Relora® brand *Magnolia officinalis* bark extract and *Phellodendron amurense* bark extract

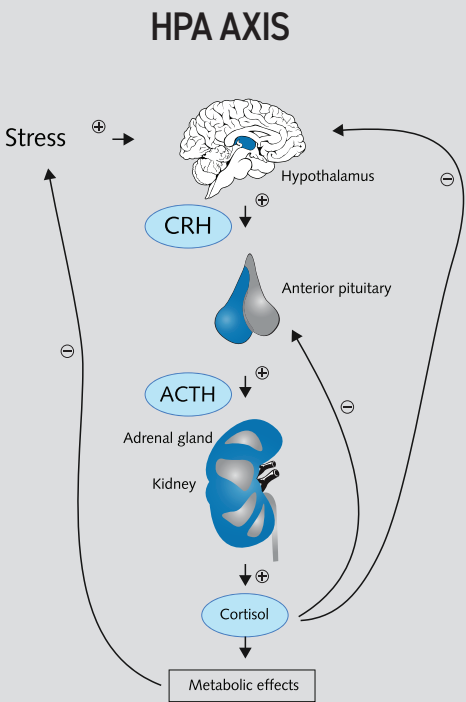
Formula	Size
98739	60 Vegetarian Capsules

Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-Theanine and Vitamin D₃

Formula Actions:

- Assists in rebalancing the Hypothalamic-Pituitary-Adrenal (HPA) pathway‡
- Supports relaxation and sleep‡
- Helps to support healthy cortisol levels during periods of stress‡

When the negative feedback loop within the HPA axis is disrupted, chronic hormonal secretion becomes “normal.” In this state, people either fail to recognize they are stressed or may experience exaggerated emotional and physical responses to every stressor, including intolerance to noise or light, food cravings, poor sleep, decreased energy, weight gain or feeling overwhelmed by simple tasks. As stress affects so many aspects of human health, rebalancing the HPA axis has become crucial.‡



Sereniten Plus

Stress management and metabolic support‡

[Co-formulated by Penny Kendall-Reed, N.D.*]

Sereniten Plus is a combination of Lactium® casein decapeptide, L-theanine and vitamin D₃ to support the hypothalamic-pituitary-adrenal (HPA) axis and feedback loop for metabolic support, stress management and cortisol regulation. Lactium® and L-theanine have been shown to provide a calming effect and may support normal sleep that is affected by stress.‡

SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule



Amount Per Serving	
Vitamin D ₃ (as cholecalciferol)	2.5 mcg (100 IU)
Lactium® Casein Decapeptide (containing a bioactive decapeptide)	175 mg
L-Theanine (Suntheanine®)	50 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and silica

Contains: Milk

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

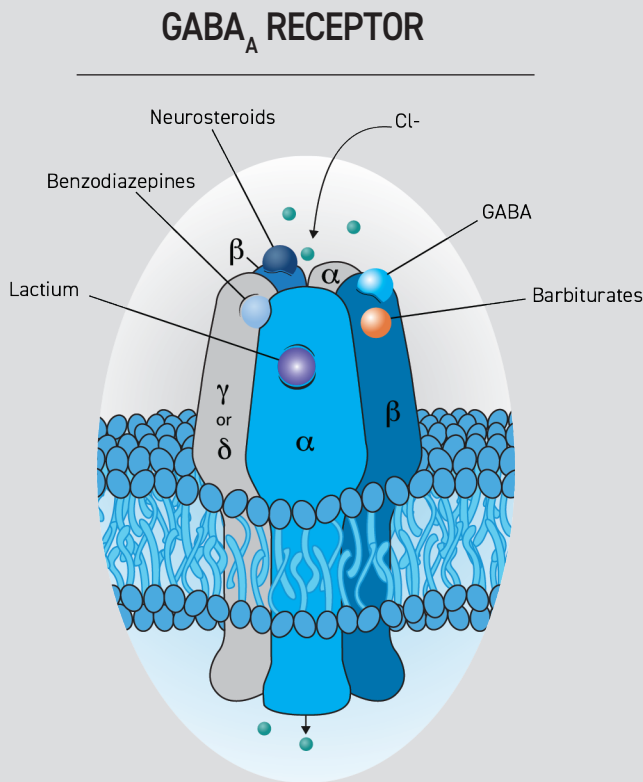
*Dr. Penny Kendall-Reed is a retained advisor to Douglas Laboratories.

Formula	Size
201348	30 Vegetarian Capsules 60 Vegetarian Capsules

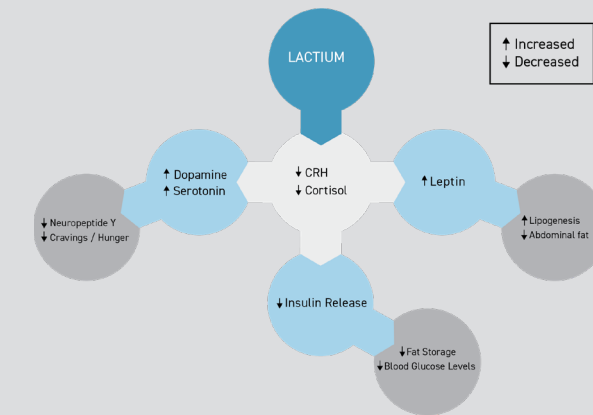
Lactium® Mechanism of Action

Lactium® binds specifically to the BZD site of the GABA-A receptor. Unlike benzodiazepines, the alpha-1 peptide does NOT bind to the PBR site of the GABA-A receptor, the site responsible for the sedating side effects of benzodiazepines.

(Miclo L, et al. FASEB J. 2001 Aug;15(10):1780-2. Guesdon B, et al. Peptides. 2006 Jun;27(6):1476-82.).



SLEEP & RELAXATION | PRODUCTS



For a full listing of our Sleep Support Products‡ visit douglaslabs.com/sleep



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An automated answering service is available for after-hours ordering.

customerservice@douglaslabs.com

Developed with Dr. Penny Kendall-Reed, N.D.⁺

Protocol Objective:

To support healthy sleep patterns in the REM-NREM stages, promote sleep onset time, balance the Hypothalamic-Pituitary-Adrenal (HPA) axis and maintain normal cortisol release. These functions may be affected by stress.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS ⁺	DOSING
Support sleep onset	• Latency between wakefulness and sleep (self-reported)	Goodnight Gummy™ Formula: 202730	Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime Adults, take 2 gummies daily, 30-60 minutes before bedtime
Support deep sleep and restful nights	Self-reported sleep quality such as: • Trouble falling asleep and/or staying asleep • Sleep is affected by stress • Daytime fatigue	Goodnight Gummy™ Formula: 202730	Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime Adults, take 2 gummies daily, 30-60 minutes before bedtime
		Sereniten Plus Formula: 201348	1 capsule daily
		Melatonin P.R. 3 mg Prolonged Release Formula: 83199	1 tablet, 1 hour before bedtime
Sleep support in hyperadrenal patients (adrenal overdrive) • Support negative feedback in the HPA loop • Maintain healthy glucocorticoid levels	• Orthostatic vital sign measurement • Monitor glucocorticoid/cortisol levels • Self-reported sleep quality • Self-reported stress, irritability BMI	Sereniten Plus Formula: 201348	1 capsule daily
		Goodnight Gummy™ Formula: 202730	Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime Adults, take 2 gummies daily, 30-60 minutes before bedtime
		Melatonin P.R. 3 mg Prolonged Release Formula: 200529	1 tablet, 1 hour before bedtime
		GABA Formula: 80611	1 capsule daily
Sleep support in hypoadrenal patients (adrenal underdrive) • Re-establish negative feedback in HPA axis • Support adrenal functions	• Orthostatic vital sign measurement • Monitor glucocorticoid/cortisol levels • Self-reported morning energy level BMI	Sereniten Plus Formula: 201348	1 capsule daily
		Goodnight Gummy™ Formula: 202730	Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime Adults, take 2 gummies daily, 30-60 minutes before bedtime
		AdrenoMend™ Formula: 200529 OR Adrenplus-300 Formula: 7221	2-4 capsules, in the morning, with food 1 capsule, twice daily, without food

Available for download at: douglaslabs.com/protocols

⁺Dr. Kendall-Reed is a advisor to Atrium Professional Brands.
[‡]Please note that patients may not require all supplements listed.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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