



GUIDE TO
**SLEEP & RELAXATION SUPPORT
FOR HEALTHY AGING[‡]**



PUSHING 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.

Douglas Laboratories® formulates products with the understanding that every patient is different and that each healthcare professional brings his or her own philosophy and clinical experience into play when working with a patient. We provide a wide selection of vitamin, mineral and amino acid products to meet the unique biochemical and metabolic needs of each patient. Our selection of individual and multi-nutrient products gives the practitioner the ultimate ability to customize supplementation based on lab results, clinical presentation and other parameters to provide personalized nutrition for each patient.‡



SLEEP & RELAXATION

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According to the National Sleep Foundation, sleep is essential for health and well-being, yet millions of people do not get enough. Stress is the number one cause of short-term sleeping difficulties, according to sleep experts. 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.‡

PL Denotes professional label-eligible formula



CLINICAL ADVISOR:

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 best-selling 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. Penny Kendall-Reed is a retained consultant for Douglas Laboratories.

Brain Calm

Formula	Size
99579	60 Vegetarian Capsules

Suggested Usage: 1 daily

Brain Calm is an effective blend of amino acids and nutrients that provide support for a calmer brain.†

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Inositol.....	500 mg *
GABA (gamma amino butyric acid).....	100 mg *
Passion flower.....	100 mg *
(Passiflora incarnata L.) [aerial parts] 6:1 extract	
L-Glycine.....	50 mg *

*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Relora®-Plex

Formula	Size
98739	60 Vegetarian Capsules

Suggested Usage: 2 daily

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 normal salivary cortisol levels, stress, mood and weight management.†‡

SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Thiamine.....	10 mg 667%
Riboflavin.....	10 mg 588%
Niacinamide.....	10 mg 50%
Vitamin B ₆	10 mg 500%
Folic Acid.....	200 mcg 50%
Vitamin B ₁₂	100 mcg 1,667%
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)]	

*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

Relora® is a registered trademark of NPI, LLC.

[¶]U.S. Patent No. US 6,582,735.

Seditol Plus®

Formula	Size
202304	30 Vegetarian Capsules

Suggested Usage: 1 daily

Seditol Plus® is a proprietary combination of *Magnolia officinalis* and *Ziziphus spinosa*, along with an herbal blend, specifically designed to promote healthy sleep and support the body's normal nocturnal rhythms during stress.†

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Seditol®.....	365 mg *
[a proprietary blend of a patented [¶] extract from <i>Magnolia officinalis</i> (bark) and a proprietary extract from <i>Ziziphus spinosa</i> (seed)]	
Proprietary Blend.....	60 mg *
Chamomile powder (<i>Matricaria chamomilla</i> , flower), Passion flower extract (<i>Passiflora incarnata</i> L., aerial parts) and Lemon Balm extract (<i>Melisa officinalis</i> L., leaf).	

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose, vegetable stearate and silica.

Seditol® is a registered trademark of NPI, LLC.

Seditol® brand *Magnolia officinalis* and *Ziziphus spinosa*.

U.S. Patents 6,582,735 and 6,814,987

L-Theanine

Formula	Size
98740	60 Vegetarian Capsules

Suggested Usage: 1 daily

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.†

SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Theanine (Suntheanine®).....	100 mg *

*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate and vegetable stearate.

Suntheanine® is a registered trademark of Taiyo International Inc.

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

‡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.

[Formulated by Penny Kendall-Reed, N.D.][†]

Rest Reset™

● **new product**

Formula

Size

202401

30 Vegetarian Capsules

Suggested Usage: 1 daily, 30-60 minutes before bedtime

Rest Reset™ is a unique formula combining Lactium® casein decapeptide, passion flower extract and melatonin to support multiple facets of sleep: falling asleep, deep sleep, nocturnal rhythms, stress support and cortisol regulation.[‡]

SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Passion Flower Extract425 mg (aerial parts) (<i>Passiflora incarnate</i> L., standardized to 3.5% vitexin)	*
Casein decapeptide (milk)(Lactium®) 175 mg	*
Melatonin.....3 mg	*

*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, ascorbyl palmitate, and hydroxypropyl cellulose.

Lactium® is a registered trademark used under license.

Valsed™

Formula

Size

7333

90 Tablets

Suggested Usage: 1 tablet, twice daily

Valsed™ tablets contain extracts of valerian root (*Valeriana officianalis*) and passion flower (*Passiflora incarnata*), as well as magnesium gluconate, useful for supporting healthy sleep patterns and muscle relaxation.[‡]

SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Magnesium (As magnesium gluconate).....4 mg	1%
Valerian Root Powder Extract (root) <i>Valeriana officianalis</i>145 mg	*
Passion Flower Powder Extract (aerial parts)..... 145 mg <i>Passiflora incarnata</i>	*

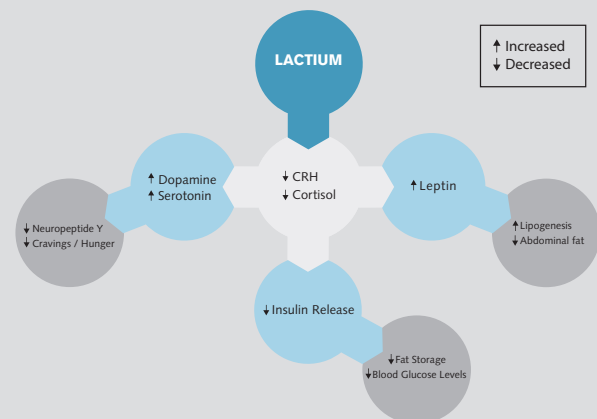
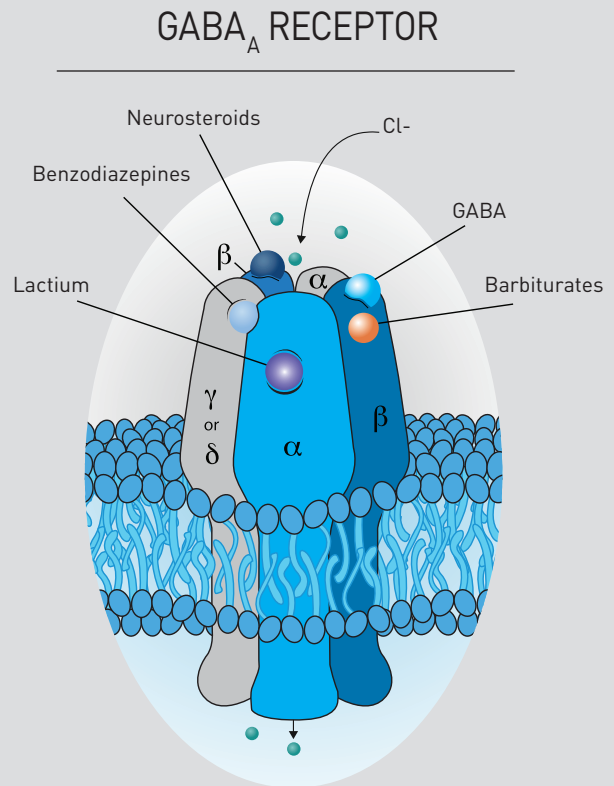
*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate vegetable stearate and silica.

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.)

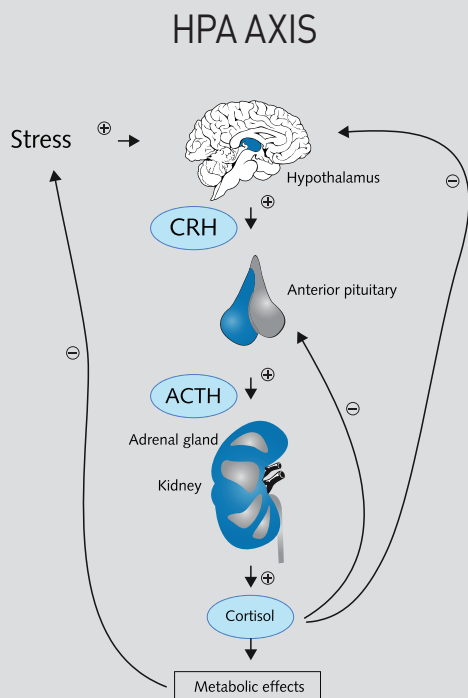


Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-Theanine and Vitamin D₃

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 is a combination of Lactium® casein decapeptide, L-Theanine and Vitamin D 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.[‡]

[Formulated by Penny Kendall-Reed, N.D.][‡]

Sereniten Plus

Formula	Size
201348	30 Vegetarian Capsules
	60 Vegetarian Capsules

Suggested Usage: 1 daily

SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Vitamin D ₃ (cholecalciferol).....	100 IU 25%
Casein decapeptide (milk) (Lactium®).....	175 mg *
L-Theanine (Suntheanine®).....	50 mg *

*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

ADDITIONAL SLEEP & RELAXATION FORMULAS:

Name	Formula
GABA (500 mg).....	80611
Magnesium Glycinate (100 mg).....	202373
Melatonin 1 mg (Tablets).....	MEL-S
Melatonin 3 mg (Capsules).....	202274
Melatonin 3 mg (Tablets).....	81322
Melatonin Controlled-Release 2 mg.....	MEL-CR
Melatonin P.R. 3 mg Prolonged-Release.....	83199

For a full listing of our Sleep & Relaxation formulas, visit douglaslabs.com

[‡]Dr. Penny Kendall-Reed is a retained consultant for Douglas Laboratories.

Ingredient name	Primary action†	Key clinical research findings†	References
Passion flower (<i>Passiflora incarnata</i>)	Provides a calming effect to support relaxation	Administration of oral <i>Passiflora incarnata</i> had a calming effect without inducing sedation. Numerical ratings of nervousness, worry and fear were significantly lower in the passiflora group than in the control group ($P < 0.001$).	Movafegh A1, Alizadeh R, Hajimohamadi F, Esfehiani F, Nejatfar M. <i>Anesth Analg.</i> 2008 Jun;106(6):1728-32.
Passion flower (<i>Passiflora incarnata</i>)	Provides a calming effect to support relaxation	Of six sleep-diary measures analyzed, sleep quality showed a significantly better rating for passion flower compared with placebo [$t(40) = 2.70, p < 0.01$].	Ngan A, Conduit R. <i>Phytother Res</i> 2011;25:1153-9. View abstract. <i>Phytother Res.</i> 2011 Aug;25(8):1153-9.
Melatonin	Maintains normal sleep cycles	The results indicate that melatonin can be useful for supporting restful sleep cycles.	Brusco L.I. Fainstein I. Márquez M. Cardinali D.P. <i>Biol Signals Recept.</i> 1999; Vol. 8, No. 1-2.
Melatonin	Maintains normal sleep cycles	In women, small doses of melatonin trended towards improving the quality of sleep. There was no “hangover” effect on balance and muscle function following the intake of melatonin.	Amstrup AK, Sikjaer T, Mosekilde L, Rejnmark L. <i>Nutrition Journal.</i> 2015;14:102.
Melatonin	Maintains normal sleep cycles	Compared to placebo, the 1.0 mg dose of melatonin provided significant support for Actual Sleep Time, Sleep Efficiency, non-REM Sleep and REM Sleep Latency.	Attenburrow ME, Cowen PJ, Sharpley AL. <i>Psychopharmacology (Berl).</i> 1996 Jul;126(2):179-81.
L-Theanine	Supports relaxation	Oral administration of 200 mg of L-theanine resulted in the generation of alpha-electric waves in the occipital and parietal regions of the brains of the subjects.	Ito K, Nagato Y, Aoi N, Juneja LR, Kim K, Ito K, Nagato Y, Aoi N, Juneja LR, Kim K, Yamamoto T Sugimoto S. <i>J Ag Chem Society of Japan.</i> 72; (1998) 153-157.
L-Theanine	Supports relaxation	A double-blind RCT suggested that the oral intake of L-theanine moderated stress via its effects on cortical neuron excitation.	K Kimura, M Ozeki, LR Juneja, H Ohira - <i>Biological psychology</i> , 2007.
Magnolia officinalis and Phellodendron amurense (Relora®)	Supports healthy stress responses	After four weeks of supplementation, salivary cortisol was significantly ($p < 0.05$) lower in the Relora® group compared to placebo. Overall stress symptoms were also improved.	Talbot SM, Talbot JA, Pugh M. <i>J Int Soc Sports Nutr.</i> 2013 Aug 7;10(1):37.

EDUCATION

Helping practitioners make that critical link between research findings and clinical application is an integral part of our mission. We collaborate with our clinical advisory board to hold in-person seminars and webinars, as well as develop online tools. Our website houses product selection guides, clinical protocols and recorded webinars, for round-the-clock access to accommodate busy schedules.

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[Developed by Dr. Penny Kendall-Reed, N.D.]⁺

Protocol Objectives:

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	Select from the Following Recommendations [†]	Dosing
Support sleep onset	Latency between wakefulness and sleep (self-reported)	Rest Reset™	1 capsule, 30-60 minutes before bed, without food
Support deep sleep and restful nights	Self-reported sleep quality	Rest Reset™	1 capsule, 30-60 minutes before bed, without food
		Sereniten Plus	1 capsule before bed and/or 1 capsule if awakening in the night
		Melatonin Prolonged Release 3 mg	1 capsule before bed
Sleep support in patients with concurrent adrenal support needs <ul style="list-style-type: none"> • 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	1 capsule, twice daily, without food
		Rest Reset™	1 capsule, 30-60 minutes before bed, without food
		Melatonin Prolonged Release 3 mg	1 capsule before bed
		GABA 500 mg (optional)	1 capsule, twice daily, without food
Sleep support in patients with concurrent adrenal support needs <ul style="list-style-type: none"> • Support healthy cortisol release • Support adrenal function 	Orthostatic vital sign measurement Monitor glucocorticoid/cortisol levels Self-reported morning energy level BMI	Sereniten Plus	2 capsules, twice daily with a gradual decrease to 1, twice daily, without food
		Rest Reset™	1 capsule, 30-60 minutes before bed, without food
		AdrenoMend (herbal adaptogen) OR Adrenplus-300 (glandular)	2-4 capsules, in the morning, with food 1 capsule, twice daily, without food

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

+Dr. Penny Kendall-Reed 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/sleep-support-protocol

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**Valid on orders placed by health professionals in the US only. This offer is cumulative with our volume discounts and cannot be applied to previous orders, exclusions may apply. One-time use only and valid on the following products: Brain Calm, Relora®-Plex, Seditol Plus®, L-Theanine, Sereniten Plus, Rest Reset™, and Valsed™. Expires 7/31/18 at 11:59 p.m. (ET). Free standard shipping will become available at checkout.



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