

REM LT

SLEEP AND RELAXATION

A **good night's** sleep... for a **great morning**

■ **EFFECTIVE** for all types of insomnia



- **Optimal** dosage
- **Helps** with falling asleep
- **Reduces** the frequency of waking up during the night
- **Eliminates** the feeling of tiredness in the morning
- **Restores** physiological sleep pattern
- **Increases** the quality of sleep

For a **BETTER NIGHT'S SLEEP**

■ **2 well-known** hypnotic acting **components...**



VALERIANA OFFICINALIS

- Centrally acting sedative
- Peripherally acting muscle relaxant

High
dosage
80+80 mg

PASSIFLORA INCARNATA

- Centrally acting sedative

■ ...relaxing properties of **L-THEANINE**

Optimal
dosage
200 mg

■ Improves brain activity

- Stimulates neurotransmitters and induces alpha wave production

■ Anti-stress effect

- Reduces sympathetic tone, competes with glutamic acid

■ Reduces hyper-excitability

- Exerts an antagonistic effect, countering caffeine



Vegetable based for peaceful and serene sleep, improving daytime performance

Food supplement

Valerian dry extr. and Passionflower dry extr. with L-Theanine (amino acid from green tea).

Properties

Valerian (root) and passionflower (aerial parts) are useful in aiding relaxation and falling asleep under periods of stress.

Instructions for use

Take 1 capsule, with some water 30 minutes before going to sleep.

Ingredients

- L-Theanine
- Valerian (*Valeriana officinalis*, L. maltodextrin) root, dry extract titr. 0.8% valerenic acids.
- Passionflower (*Passiflora incarnata*, L. maltodextrin) aerial parts, dry extract titr. 3.5% vitexin.
Capsule: hydroxypropyl methylcellulose.
Bulking agent: Pre-gelatinized corn starch.
Anti-caking agents: Vegetable magnesium stearate, Silicon dioxide.

Warning

- Keep the product out of the reach of young children.
- Do not exceed the stated recommended daily dose.
- Do not use during pregnancy.
- The "Best Before End" date applies to the correctly stored and unopened.
- Store in a cool and dry place. Avoid exposure to heat sources, sunlight and contact with water.

Food supplements should not be used as a substitute for a varied diet, and a healthy lifestyle.

Vegetable based



Contains 2 blisters of 15 vegetable capsules each

Quantity per recommended daily dose (1 capsule):

1 capsule

L-Theanine	200 mg
Valerian dry extract	80 mg
Passionflower dry extract	80 mg
containing vitexin	≥2,8 mg

REFERENCES

- 1 - Newall CA, Anderson LA, Phillipson JD: Herbal Medicines. A guide for health-care professionals. The Pharmaceutical Press, London, pp. 206-207 (Passiflora) e 260-262 (Valeriana), 1998.
- 2 - Leathwood PD, Chauffard F, Heck E, Munoz-Box R: Aqueous extract of valerian root (*Valeriana officinalis* L.) improves sleep quality in man. *Pharmacol. Biochem. Behav.* 17: 65-71, 1982.
- 3 - Leathwood PD, Chauffard F: Aqueous extract of valerian reduces latency to fall asleep in man. *Planta Med.* 51: 144-148, 1985.
- 4 - Balderer G, Borbely AA: Effect of valerian on human sleep. *Psychopharmacology* 87: 406-409, 1985.
- 5 - Lindahl O, Linwall L: Double-blind study of a valerian preparation. *Pharmacol. Biochem. Behav.* 32: 1065-1066, 1989.
- 6 - Kohnen R, Oswald WD: The effect of valerian, propranolol, and their combination on activation, performance, and mood of healthy volunteers under social stress conditions. *Pharmacopsychiatry* 21: 447-448, 1988.
- 7 - Schultz U, Stolz C, Muller J: The effect of valerian extract on sleep polygraphy in sleepers: a pilot study. *Pharmacopsychiatry* 27: 147-151, 1994.
- 8 - Linnenbrink N, Georgiadou C, Hobi V: Vigilance-decreasing effects of 2 plant-derived sedatives. *Schweiz. Rundsch. Med. Prax.* 85: 473-481, 1996.
- 9 - Hazelhoff B et al: Antispasmodic effects of valeriana compounds: an in vivo and in vitro study on the guinea pig ileum. *Arch. Int. Pharmacodyn* 257: 274-287, 1982.
- 10 - Monografia "Valerian radix", in: *Repertorio Fitoterapico*, 2° edizione, OEMF, Milano pp. 674-676, 1996.
- 11 - ESCOP Monographs: *Passiflorae herba, Valeriana radix*, July 1997.
- 12 - Miller LG: Herba medicinals: selected clinical considerations focusing on known or potential drug-herb interactions. *Arch. Intern. Med.* 158: 2200-2211, 1998.
- 13 - Bourin M, Bougerol T, Guitton B, Broutin E: A combination of plant extracts in the treatment of outpatients with adjustment disorders with anxious mood: controlled study versus placebo. *Fundam. Clin. Pharmacol.* 11: 127-132, 1997.
- 14 - Wagner J, Wagner ML, Hening WA: Beyond benzodiazepines: alternative pharmacologic agents for the treatment of insomnia. *Ann. Pharmacother.* 32: 680-691, 1998.
- 15 - Schmitz M, Jackel M: Comparative study for assessing quality of life of patients with exogenous sleep disorders (temporary sleep onset and sleep interruption disorders) treated with a hops-valerian preparation and a benzodiazepine drug. *Wien Med. Wochenschr.* 148: 291-298, 1998.
- 16 - FDA, May 1998: Guidance for Industry: Providing Clinical Evidence of Effectiveness for Human Drugs and Biological Products.
- 17 - Juneja L.R.; Chu D.-C.; Okubo T.; Nagato Y.; Yokogoshi H. L-theanine-a unique amino acid of green tea and its relaxation effect in humans. *Trends in Food Science and Technology*, Volume 10, Number 6, June 1999, pp. 199-204(6).
- 18 - Kimura K, Ozeki M, Juneja LR, Ohira H. L-Theanine reduces psychological and physiological stress responses. *Biol Psychol.* 2007 Jan;74(1):39-45. Epub 2006 Aug 22.
- 19 - Lu K, Gray MA, Oliver C, Liley DT, Harrison BJ, Bartholomeusz CF, Phan KL, Nathan PJ. The acute effects of L-theanine in comparison with alprazolam on anticipatory anxiety in humans. *Hum Psychopharmacol.* 2004 Oct;19(7):457-65.