

SOUND SLEEP

Ultimate Support for
Refreshing and Revitalizing Sleep*

DOSAGE

Liquid Phyto-Caps: 2 capsules 1 hour
before bed

DURATION OF USE

1 month

BEST TAKEN

with a small amount of water

FORMULA FOR HEALTHY SLEEP

This formula brings together a number of herbal plants that are recognized for their beneficial application in addressing difficulty with sleep. This compound works to reduce the anxiety, irritability, restlessness, physical tension, and worry that one will often see associated with occasional sleeplessness. This compound may also be used at times when nervous excitement and anxiety affect normal and healthy sleep function.

Valerian root has reportedly been used since around the time of Christ to induce sleep. Today, the highly respected German Commission E notes its use for restlessness and nervous disturbances of sleep. The World Health Organization (WHO) also suggests its use as a sleep-promoting herb, stating that it is often used in the treatment of occasional nervous excitement and disturbances of sleep, when associated with anxiety. This has been further suggested by other sources.

GABA & L-glycine have been included in this formula due to the benefits reported by the highly respected clinician, Dr. Bill Mitchell, ND. In combination, they are reputed to possess a mild calming quality that supports the overall function of this formula.

Kava Kava is well known for its relaxing affect. Used traditionally to elevate the mind and relax the body, it is said that when consuming Kava, you "feel friendly" and "cannot hate". Numerous clinical trials have supported the use of Kava for the treatment of nervous anxiety. In fact, the German Commission E approves Kava for 'conditions of nervous anxiety, stress and restlessness'. Kava is used here to address the stress and anxiety that can often prevent someone from obtaining deep, restful sleep.

Passionflower is another example of a plant that has traditionally been reported to induce sleep by its calming or quieting influence. It has also traditionally been used to support the nervous system. Passionflower has been approved by the highly regarded European Scientific Co-operative on Phytotherapy (ESCOP) for "tenseness, restlessness and irritability with difficulty in falling asleep".



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Calories per serving - 20

TOTAL EXTRACTS: 356 mg

Valerian root (*Valeriana* off.) ▲60 mg
standardized to 0.9 mg Valerinic acids

Proprietary Synergistic Blend: 296 mg

GABA (Gamma aminobutyric acid), L-Glycine, Kava Kava root
(*Piper methysticum*) + Passionflower vine (*Passiflora incarnata*)
▲, California Poppy (*Eschscholzia californica*) ▲, Hops Strobile
(*Humulus lupulus*) ▲, Skullcap herb (*Scutellaria lateriflora*) ▲

Total Dry Herb Equivalency: 1,800 mg

Other ingredients: Vegetable glycerin, soy lecithin, vegetable cellulose (capsule).

▲ = Certified Organic Ingredient + = Ecologically Harvested

California poppy has received wide acknowledgement from a number of respected clinicians for use as a mild sleep aid. One highly respected practitioner from Europe states that California poppy is "altogether gentle, more in the direction of establishing equilibrium".

American Skullcap was used by the Eclectic physicians of the last century as a tonic and support to the nervous system. It was said to be especially useful for nervous conditions manifesting with "excitability, restlessness, or wakefulness". Skullcap is included here for its specific use with nervousness from mental or physical exhaustion.

Hops strobiles are used traditionally for nervous irritation and wakefulness, chiefly where anxiety and worry are the cause. The German Commission E monograph mentions Hops for restlessness and anxiety, as well as disorders of sleep. Hops was also used historically to stimulate digestion and to tonify cerebro-spinal function. Hops serves this formula as a valued relaxing and restorative tonic.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

COMPLEMENTARY HERBS / FORMULAS

Serenity with Kava Kava, Valerian Root

SAFETY EVALUATION / CONTRAINDICATIONS

Do not use this product during pregnancy or lactation

KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any prescription drugs.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include

nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment

REFERENCES

- Valpiani C. Valeriana officinalis. Journal of the Australian Traditional Medicine Society. 1995;1(2):57-62.
- Houghton PJ. The Scientific Basis for the Reputed Activity of Valerian. J. Pharm. Pharmacol. 1999;51:505-512.
- Blumenthal M, et al. Ed. The Complete German Commission E Monographs. Austin, TX: American Botanical Council; 1998.
- Brown D. Valerian: Clinical Overview - Phytotherapy Review & Commentary. Townsend Letter for Doctors. 1995:150151.
- Sherman, JA The complete botanical prescriber. Self Published, 1993. Pg. 101.

GENERAL REFERENCES

- Wren RC. Potter's New Cyclopaedia of Botanical drugs and preparations. Essex, UK. Saffron Walden;1988.
- Bartram T. Encyclopedia of Herbal Medicine. Dorset. Grace Publishers; 1995.
- Leung A, Foster S. Encyclopedia of Common Natural Ingredients. NY: Wiley;1996.
- Bradley P (Ed.). British herbal Compendium. Dorset. British Herbal Medical Assoc.; 1992.
- Mills S, Bone K. Principles and practice of Phytotherapy. New York. Churchill Livingstone; 2000.
- Ellingwood F. American Materia Medica, Therapeutics and Pharmacognosy. Portland. Eclectic Medical Publications;1985.
- Tang W, Eisenbrand G. Chinese Drugs of Plant Origin. New York. Springer-Verlag;1992.
- Huang KC. The Pharmacology of Chinese Herbs. Ann Arbor. CRC Press;1993.
- McGuffin M, et al. Ed. AHPA's Botanical Safety Handbook. Boca Raton: CRC Press, 1997.
- Newall CA, et al. Herbal Medicines: A Guide for Health-Care Professionals. London: Pharmaceutical Press; 1996.
- Weiss R. Herbal medicine. Beaconsfield, UK. Beaconsfield Publishers;1985.
- Felter H, Lloyd JU. King's American Dispensatory. Portland. Eclectic medical Publications; 1983.
- Duke J. Handbook of Medicinal Herbs. Boca Raton. CRC Press;1985.

- Miller JG, Murray WJ. Herbal Medicinals: A Clinician's Guide. New York: Pharma Prod Press, 1998. Pg. 222.
- Weiss RF. Herbal Medicine. Beaconsfield: Beaconsfield Pub, 1988.
- Harrison T. Savage civilization New York: Alfred A. Knopf; 1937
- Anonymous. Natural anxiolytics – Kava and L.72 antianxiety formula. The American Journal of Natural Medicine. 1994; 1(2): 10-14.
- Witchl M. (Bisset NG, Ed.) Herbal Drugs and Phytopharmaceuticals. Medpharm, CRC Press: Boca Raton. 1994.
- Priest AW, Priest LR. Herbal medication. A clinical dispensary handbook. 1982.
- Mitchell W. Foundations of Natural Therapeutics – Biochemical Apologetics of Naturopathic Medicine. Tempe, Arizona. Southwest College Press. 1997. Pg. 265.
- Mitchell W. Plant Medicine. Seattle, Wa: Self-published; 2000. Pg. 14-15. Pg. 124.

- Hoffman D. The Holistic Herbal. Moray. The Findhorn Press;1984.
- Felter HW. The Eclectic materia Medica, Pharmacology and Therapeutics. Portland, Oregon. Eclectic Medical publications;1985.
- Boon H, Smith M. The Botanical Pharmacy. Quebec, Canada. Quarry press;1999.
- Mills S. The Essential Book of Herbal medicine. London. Penguin;1991.
- Brinker, Francis ND. Herb Contraindications and Drug Interactions. Sandy, OR: Eclectic Medical Publications;1997.
- Miller L. Herbal Medicinals: Selected Clinical Consideration Focusing on Known or Potential Drug-Herb Interactions. Arch Intern Med.1998;158: 2200-11.
- Newall C, Phillipson JD. "Interactions of Herbs with Other Medicines." Online. Internet. [4/26/00]. Available WWW: <http://www.ex.ac.uk/phytonet/phytojournal/>
- Bensky D, Gamble A. Chinese Herbal Medicine: Materia Medica. Seattle: Eastland, 1986.
- DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag. 1993
- Bergner P. "Herb-drug Interactions." Medical Herbalism. 1997. Online. Internet. [5/20/99]. Available WWW: <http://medherb.com/92DRGHRB.HTM>
- WHO monographs on selected medicinal plants. Volume 1. Geneva: World Health Organization. 1999.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.