

# GoodNight

Herbal Support for Restful Sleep\*

GoodNight is an herbal formulation to promote restful sleep.\* A comprehensive blend of sleep supporting vitamins, herbs, and amino acids help promote decreased sleep onset and healthy sleep quality.\* Insomnia affects nearly one-third of the adult US population causing significant economic, behavioral, and social issues.<sup>1</sup> Herbal remedies may support restful sleep with fewer side effects than conventional approaches.\*<sup>2</sup>

## How GoodNight Works

Clinical studies show that dietary intake of vitamin B6 is correlated with quality of sleep.<sup>3,4</sup> Vitamin B6 must be obtained through diet and plays a critical role in the synthesis of neurotransmitters involved in the central nervous system and sleep patterns.<sup>4</sup>

Furthermore, dietary intake of foods containing tryptophan also reveal their ability to support healthy sleep quality.\*<sup>3</sup> Tryptophan is an essential amino acid and a precursor of serotonin, which also plays a critical role in supporting sleep onset due to its direct effect on GABAergic neurons.\*<sup>5,6</sup> Serotonin is involved in many functions of the central nervous system including sleep.<sup>6</sup>

Melatonin, a lipid soluble indolamine, is produced from serotonin in the pineal gland.<sup>6,7</sup> It plays a role in sleep quality by signaling and reporting to cells about environmental factors leading to sleep such as the onset of night time.<sup>6,7</sup> Melatonin also is a potent free radical scavenger.<sup>6</sup>

L-Theanine also is a neurologically active amino acid that stimulates alpha brain waves creating a sense of deep relaxation.\*<sup>8</sup> L-Theanine plays a role in the formation of GABA resulting in its ability to induce relaxation.<sup>8</sup>

Two herbal additions to the GoodNight formula, hops and lemon balm, possess relaxation effects due to their role as GABA receptors and inhibiting the central nervous system.<sup>6,9</sup> The plant flavonoid compounds bind to receptors to promote deeper sleep.<sup>2</sup>

## GoodNight Supplementation

The ingredients in GoodNight are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for promoting restful sleep.\*

Clinical evidence and research cited herein shows that the ingredients in GoodNight may:

- Support decreased sleep onset time\*
- Promote healthy sleep quality\*
- Support mood\*
- Support free radical scavenging activity\*



**Form: 60 Capsules**

**Serving Size: 2 Capsules**

Ingredients	Amount	%DV
Vitamin B6 (as pyridoxal-5'phosphate)	40 mg	2,353%
L-Tryptophan	500 mg	**
Lemon Balm (whole plant; 4:1 purified extract)	300 mg	**
L-Theanine	200 mg	**
Hops (flower; 4:1 purified extract)	120 mg	**
Melatonin	5 mg	**

### Other Ingredients:

Gelatin (capsule), silica.

### Directions:

Take one or two capsules one hour before bedtime or as directed by your healthcare practitioner.

**Warning: If you are pregnant, nursing, or taking medications such as SSRI's or MAOI's consult your health care practitioner before use. May cause drowsiness. Use with caution if driving or operating machinery. Keep out of reach of children.**



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## References:

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