

# ViaZen

## ViaZen Sleep Spec Sheet FOR HEALTH PROFESSIONALS

### Presentation

60 capsules

### Anticipated results

- Helps to treat and cure insomnia.
- Helps relieve anxiety, nervousness and agitation.
- Promotes sleep induction.
- Promotes deep and restful sleep.
- Prevents periods of night awakening.
- Prevents morning fatigue and drowsiness during the day.



### Secondary anticipated results

- Improves alertness, memory and concentration.
- Helps eliminate daytime fatigue caused by insomnia.
- Eliminates stress caused by lack of sleep.
- Provides a state of general well-being.

### Who needs ViaZen Sleep?

ViaZen Sleep offers a natural and effective solution to quickly overcome insomnia, whether occasional or chronic, as well as the resulting daytime discomforts. It should be used for one or several clinical conditions indicated in Table 1.

### Table 1: Clinical conditions in presence of insomnia and daily discomforts as a result

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|--|---|---|
| <ul style="list-style-type: none"> <li>• Acute or chronic pains</li> <li>• Anticipation of sleep</li> <li>• Anxiety</li> <li>• Daily fatigue and drowsiness</li> <li>• Depression</li> <li>• Difficulty in falling asleep or staying asleep</li> </ul> | <ul style="list-style-type: none"> <li>• Difficulty in returning to sleep after awakening in the middle of the night</li> <li>• Mood swings</li> <li>• Frequent awakenings in the night</li> <li>• Impatience</li> <li>• Insomnia</li> <li>• Irritability</li> <li>• Jet lag</li> </ul> | <ul style="list-style-type: none"> <li>• Light and non-restorative sleep</li> <li>• Memory and concentration disorders</li> <li>• Morning tiredness</li> <li>• Nervousness</li> <li>• Shift work</li> <li>• Stress</li> </ul> |
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### ViaZen Sleep is a powerful synergy of 5 active ingredients

The ingredients' synergy of ViaZen Sleep is the key of the effectiveness of this SUPERIOR FORMULA.

Daily dosage (for 2 capsules): 200 mg

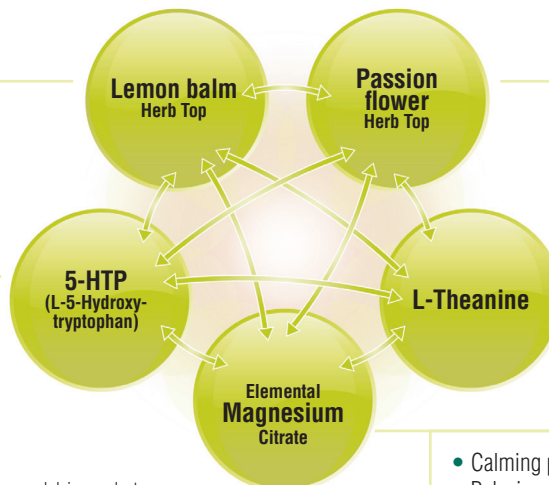
(10:1 Extract)

- Calming and relaxing properties
- Sleep-aid

Daily dosage (for 2 capsules): 100 mg

(Isolated from *Griffonia simplicifolia* seed)

- Serotonin precursor
- Sleep-aid



Daily dosage (for 2 capsules): 280 mg

(15:1 Extract)

- Calming and relaxing properties
- Sleep-aid

Daily dosage (for 2 capsules): 170 mg

(100% green tea extract)

- Anxiolytic
- Well being inducer

- Calming property
- Relaxing property

Daily dosage (for 2 capsules): 140 mg

**Note:** ViaZen Sleep is free of wheat, soy, corn, yeast, peanuts, gluten, egg and dairy products. It does not contain preservatives, sweeteners, artificial flavours and colouring agents and is non-GMO.

## Non-medicinal ingredients

Cellulose, vegetable magnesium stearate, gelatin.

## Recommended Use

ViaZen Sleep is recommended on a regular basis at the dosage of 2 capsules a day with food, 30 to 45 minutes before sleeping. The benefits should start to be observed within a few days, but optimal results should be observed after a few weeks of use.

ViaZen Sleep is recommended during demanding periods of life, leading to disturbances of sleep: overwork, new employment, loss of a loved one, disease, intense physical exercise, convalescence following surgery or a disease, change of season, jet lag, moving, hypo and hyperadrenia, menopause, depression, etc.

## Action mechanisms

ViaZen Sleep aims to achieve a deep and restful sleep throughout the night, overcoming difficulty falling asleep, eliminating nighttime awakenings, and by removing the impression in the morning, of not getting enough sleep. The properties of the medicinal components of ViaZen Sleep contribute to relieve the stress, anxiety and restlessness that are often the cause of insomnia. By improving the quality of sleep, ViaZen Sleep allows to eliminate daytime discomfort resulting from poor quality sleep (weakness physical, drowsiness, difficulty concentrating and inattention, disturbance of mood, irritability, stress, anxiety, vulnerability of the immune system (greater risk of infection), etc.).

The medicinal components of ViaZen Sleep work in synergy to regulate physiological mechanisms involved during falling asleep and the period of sleep, promoting a sedative, calming, anxiolytic and relaxing effect. **Lemon Balm** is an effective plant to support a restorative sleep naturally. The Commission E and ESCOP recognize the use of this plant to relieve the nervous disorders such as insomnia and agitation. Its benefits are due to the whole of its medicinal components, including hydroxycinnamic acids and their derivatives, tannins, flavonoids, monoterpenes glycosides, sesquiterpenes and triterpenes. Research has shown that certain components of lemon balm acted on receptors in the central nervous system. The commission E and ESCOP recognize its use to relieve anxiety, nervousness, muscular spasms and sleep disorders of nervous origin. A clinical trial has shown that this herb was as effective as oxazepam (an anxiolytic in the family of benzodiazepines), to relieve generalized anxiety. Alkaloids, indoles, flavonoids and glucosides are the biochemical constituents responsible for its anxiolytic and sedative properties. These substances act as neuromodulators at the level of cellular receptors of nerve cells.

**5-HTP** is an amino acid that the body synthesizes from tryptophan, another amino acid present in protein foods (meat, poultry, fish, dairy, legumes and nuts). Once absorbed, 5-HTP has the ability to cross the blood-brain barrier to be transformed into serotonin, a neurotransmitter which is essential to regulate mood, anxiety, appetite and sleep. By increasing the production of serotonin in the brain, 5-HTP could have the ability to help cure insomnia, anxiety, and other neurologic-dependent disorders of an optimal level of serotonin.

**L-theanine** is also an amino acid, which is extracted from green tea. This molecule promotes increased production of dopamine, serotonin and GABA in the brain, generating a feeling of well-being, mood modulation and anxiolytic properties. This amino acid also promotes the production of alpha brain waves, which are associated to a state of relaxation and a decrease in anxiety. It is for this reason that we attributes to L-theanine an exemplary relaxing effect on the nervous system.

**Magnesium** is a positively charged ion. This cation is involved in many physiological functions. Its presence is essential for the proper functioning of muscles and nerve transmission. Its calming and relaxing properties help to get a peaceful sleep. According to some authors, magnesium deficiency is involved in several disorders, including nervousness, anxiety and fatigue.

In summary, ViaZen Sleep allows to simultaneously support multiple physiological processes involved in sleep. In addition, it makes it possible to remedy several discomforts resulting from poor quality sleep. Insomnia is a very common problem of the general population. Naturally remedying it prevents the development of unwanted side effects, as well as addiction and dependence, encountered with the use of synthetic sedative medication.

## Cautions

Consumption of this product with alcohol, other medications or natural health products with sedative properties is not recommended. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia) or worsen.

Consult a health care practitioner prior to use if you are pregnant or breastfeeding or if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers or abdominal pain accompanied by severe muscular pain or if you experience skin changes.

## Known adverse reactions

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Some people may experience diarrhea, nausea, vomiting or abdominal pain.

## References

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