

Liposomal Sleep

Bioavailable Support
for Restful Sleep*

Liposomal Sleep Supplementation

In addition to proper diet and exercise, getting adequate sleep is integral to staying healthy. Liposomal Sleep promotes a restful, relaxed state and relief from occasional sleeplessness by supporting healthy melatonin function and promoting relaxation.*

Supplementing with Liposomal Sleep is recommended to support the time it takes to fall asleep, have a restful night's sleep, and wake up energized.* Additional benefits include:

- Supports proper sleep cycles and circadian rhythms*
- Supports healthy melatonin function*
- Promotes relaxation and calmness*
- Promotes healthy immune function*
- May support jet lag*

How Liposomal Sleep Works

Poor sleep patterns increase stress, decrease vitality, and reduce energy levels, potentially leading to less productivity throughout the day. Liposomal Sleep delivers targeted nutrients to precise areas of the body. Liposomes bond with cell membranes to facilitate intracellular delivery by withstanding harsh digestive elements. The efficient delivery method used by liposomal products allows dosages to be significantly reduced while still maintaining effectiveness.*

Liposomal Sleep combines a specialized blend of ingredients with liposomal technology to help the body support and promote natural sleep cycles.*

Melatonin is a hormone secreted by the pineal gland in the brain that is used by the body to help regulate its internal body clock and promote restful sleep.*^{1,2}

GABA (gamma-aminobutyric acid) promotes healthy sleep cycles by supporting healthy nerve activity in the brain and allowing the brain to relax into slumber.*^{3,4}

Passionflower studies have shown that supplementation helps with falling asleep faster and staying asleep for longer durations, thus promoting restorative sleep.*^{5,6,7}

Vitamins B2 and B6 help support the production of serotonin and melatonin in the brain, which is needed for restful sleep.*^{8,9}



Supplement Facts

Serving Size: 2 Droppers (2 mL)

Servings Per Container: 30

	Amount Per Serving	%DV*
Riboflavin	1 mg	77%
Vitamin B6 (as pyridoxal 5'-phosphate)	1 mg	59%
Passionflower (<i>Passiflora incarnata</i>)	50 mg	**
GABA (gamma-aminobutyric acid)	45 mg	**
Melatonin	5 mg	**

Other Ingredients: Purified water, glycerin, natural berry flavor, stevia leaf extract, non-GMO sunflower lecithin, organic cane alcohol.

Directions: Shake well. Take two full droppers (2 mL) before bed or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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5. Guerrero FA, Medina GM. Effect of a medicinal plant (*Passiflora incarnata* L) on sleep. *Sleep Sci.* 2017;10(3):96-100.
6. Ngan A, Conduit R. A double-blind, placebo-controlled investigation of the effects of *Passiflora incarnata* (passionflower) herbal tea on subjective sleep quality. *Phytother Res.* 2011;25(8):1153-1159.
7. Appel K, Rose T, Fiebich B, et al. Modulation of the γ -aminobutyric acid (GABA) system by *Passiflora incarnata* L. *Phytother Res.* 2011;25(6):838-843.
8. Djokic G, Vojvodic P, Korcok D, et al. The effects of magnesium - melatonin - vitamin B complex supplementation in treatment of insomnia. *Open Access Maced J Med Sci.* 2019;7(18):3101-3105.
9. Kennedy DO. B vitamins and the brain: Mechanisms, dose and efficacy. *Nutrients.* 2016; 8(2):68.

* 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.

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