

## PRODUCT INFORMATION

# Biosleep®

*Biosleep® interrupts the vicious circle of insomnia and acts on account of its well-balanced combination of natural and biogenic constituents.*

### Basic Facts

Sleep disorders may be a temporary, occasional, but also a chronic problem. In the first place there comes the search for the triggering cause. The preparation Biosleep® is an ideal first remedy. It is a well-balanced combination of natural and biogenic constituents.

People spend about one third of their lives sleeping. In Western industrialized states, however, sleep disorders are a frequent problems which may lead to considerable strain in the job, in private life, but also regarding health. On the one hand, stress-related strain may serve as an explanation for bad sleep. But especially in the elderly there may be extreme shifts in the day/night rhythm.

Regarding the various forms of sleep disorders, there are generally problems with falling asleep and/or sleeping through the night. Problems with falling asleep may also be caused by the intake of stimulating substances (coffee, cola drinks, etc.). Other factors that interfere with falling asleep are noise, pain, stress, worries, depression and anxiety. Difficulties in sleeping through the night result in a lack of extended, continuous periods of sleep. Waking up too early and a generally bad quality of sleep may also be due to depression and states of anxiety.

In principle, sleep disorders are a temporary or a chronic problem. This is the reason why first of all the underlying problem should be determined (nasal polypi, snoring, sleep apnoea syndrome, etc.) before beginning a treatment. After all, there is a number of natural possibilities which help to improve the sleep (e.g. sports). But one should possibly also consider modifications of one's life style. If all that does not help, the taking of proven natural combinations of remedies – such as Biosleep® – may interrupt the vicious circle of insomnia.

### Effects

The effect of Biosleep® is due to a well-balanced combination of the following constituents:

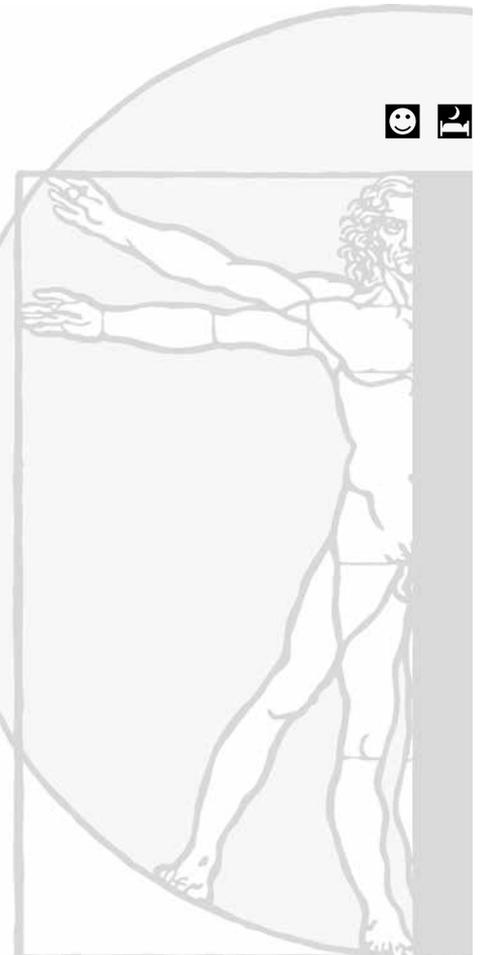
**5-hydroxytryptophan (5 HTP®)** is formed in the body from the essential amino acid tryptophane. Serotonin is formed by accumulation of hydrogen and degradation of carbon, and a deficiency of this biogenic amine may cause depression, states of anxiety, and aggressiveness. Besides, serotonin plays an important role in the sleep rhythm, appetite, in memory and learning abilities, pain control, and also in inflammatory reactions and bowel peristalsis.

To optimize the metabolization of 5 HTP®, Biosleep® also contains **vitamin B6** (pyridoxine). Apart from its effects on cell division and cell renewal, this vitamin also plays a role in the production of all important neurotransmitters for the brain (e.g. the said serotonin, but also dopamine and noradrenalin). Vitamin B6 deficiency may therefore lead to a number of severe diseases such as e.g. depression.

The constituent **valerian** is a vegetable active ingredient which acts sleep-inducing and fosters deep sleep and also dreams. Valerian has the advantage that it does not cause a hang-over (a frequent side effect of pharmaceutical products) in the morning. Altogether, valerian has a soothing influence on the entire nervous system.

Also **hop** is traditionally used in sleep disorders, and therefore it is not surprising that this natural active ingredient forms a constituent of Biosleep®. The amaroids contained in hop have particularly favorable effects on digestion. Also valued are their mild sedative properties, and therefore hop is frequently combined with valerian.

Generally less known are the fields of application of the **passion flower** (passiflora). The fruit of the passion flower is the edible maracuja (passion fruit). Except for the fruit, the plant contains cyanide-like compounds which, when ingested, may cause vomiting, headache and dizziness as well as cramps, but no serious damage. In medicine, passiflora is used as an agent against nervousness and insomnia.



Also contained in Biosleep® are **peppermint, chamomile and lemon balm**. Peppermint oil has mainly relaxing (antispasmodic) effects and is also used locally to relieve pain. The chamomile has been used for centuries to treat gastrointestinal disturbances. The active ingredients of the plant also have anti-inflammatory and antispasmodic as well as relaxing effects on the smooth muscles. Due to its relaxing properties, lemon balm has also been traditionally used in treating sleep disorders.

To increase the absorption of all constituents, Biosleep® also contains the substance **Bioperine®**. This is a standardized extract from black pepper which contains 98 percent of pure piperine. The active ingredient has analgesic effects, improves the absorption of vitamins and increases the bioavailability of numerous medicines.

## Composition

One capsule contains:	
5 HTP®	50 mg
Vitamin B6 (pyridoxine-hydrochloride)	2 mg
Bioperine®	2,5 mg
Extracts of: Valerian root	100 mg
Valerian 4:1	15 mg
Peppermint leaves	100 mg
Hop	30 mg
Passion flower	200 mg
Chamomile	20 mg
Lemon balm	100 mg

in pharmaceutical grade. Other ingredients: magnesium stearate.

## Dosage

In normal cases 1–2 capsules should be taken about 1 hour before going to bed on an empty stomach with plenty of fluid – i.e. at least 2 hours after the last meal.

## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

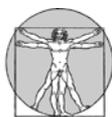
Store in a cool and dry environment, out of reach for children.

### Biosleep® Product Groups

Biosleep® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  Depression & Moods
-  Sleep

Manufacturer:



**VitaBasix®**

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020