



▼ **INGREDIENTS**

SUPPLEMENT FACTS	
Serving Size: 1 capsule	
Amount Per Serving	% Daily Value
Calcium.....10 mg	1%
<small>(Carbonate, Panthothenate, Ascorbate)</small>	
Vit B5 (Panthothenic Acid).....5.8 mg	56%
Vit B6 (Pyridoxine HCl).....4.5 mg	225%*
Melatonin.....5 mg	*
Proprietary Blend.....485 mg	*
<small>Astragalus (Root); L-Tryptophan; Passion Flower (Herb); St. John's Wort (Herb); Cat's Claw; Stevia (Leaves); Tayuya (Root); Devil's Claw (Herb); Valerian Root (Extract); Lecithin; Licorice (Root); G.A.B.A.; Kava Kava (Extract); Calcium Ascorbate; L-Glutamic Acid; 5-HTP</small>	
<small>* Daily Value not established.</small>	

Other Ingredients: Gelatin and Leucine

▼ **DOSAGE**

- 1-2 capsules at bedtime.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

Formerly taken for granted, restful and refreshing sleep has become a major concern in the 21st Century. Scientists speculate that poor sleep is a sign of the increased stress of modern lifestyles, electromagnetic fields, and neurotransmitter-disruptive environmental toxicity. Sleep issues can occur for many reasons from pH (acidic) imbalances to the use of artificial light (computers, cell phones). Thus a multi-faceted nutritional support approach has the best opportunity to lend assistance.

▼ **LIFESTYLE**



**#427 DRēM (Sleep Aid)**

Provides nutritional support for a comprehensive approach to promote and enhance a person's biological process in achieving relaxation and normal, healthy, restful sleep. Contains key amounts of neurotransmitter and hormone supportive ingredients – tryptophan, melatonin, GABA – and herbs to comprehensively support the many aspects of the body's innate processes involved in its normal sleep patterns.

▼ **INDICATIONS**

- Sleep aid
- More restful sleep
- Jet lag
- Pro lucid dreaming

▼ **KEY COMPONENTS**

- **Astragalus** – An herb called “the great rejuvenator.” An adaptogen that supports normal resolution of stress processes.
- **L-Tryptophan** – An amino acid that converts into the neurotransmitter, serotonin, which the pineal gland uses to make the regulatory hormone, melatonin, necessary for sleep.
- **Cat's Claw** – An herb shown to assist the normal modulation of the serotonin neurotransmitter via the 5-HT(2) receptors.
- **Stevia** – Contains beta-caryophyllene and caryophyllene oxide compounds that support normal central nervous system activity. Beta-caryophyllene epoxides may impact central nervous system activity by crossing the blood-brain barrier and binding to cellular receptors that regulate neurological impulses.
- **St. John's Wort** – The subject of hundreds of scientific studies, this whole herb supports the normal serotonin neurotransmitter processes. It supports the GABA receptors which are the gateways for the brain's normal sleep-inducing cascades.
- **Passion Flower** – Promotes relaxation by supporting the normal chemical in the brain called gamma-aminobutyric acid, or GABA. The brain normally employs GABA as a relaxation molecule.
- **Vitamin B<sub>5</sub>** – Panthothenic Acid. Deficiency of this vitamin results in insomnia, sleep cycle disturbance, and adrenal stress.
- **GABA** – An inhibitory neurotransmitter known to help the body balance the excitatory brain processes. Helps the body maintain a balanced mood.

▼ **CONTRAINDICATIONS**

Best to avoid St. John's Wort if taking a MAOI prescription drug.

▼ **CLINICIAN CONSENSUS**

- Restful Sleep Support:  
#427 DRēM - Sleep Aid  
#75 N3 - Relaxa  
#406 CALM - Stress Relief, Mood Support

▼ **BACKGROUND**

Poor quality sleep is a national pandemic leading to higher stress levels, immune system concerns, aging, and inability to properly repair cells. The DRēM formula's efficacy is based on providing a small amount of melatonin, tryptophan, and GABA in a synergistic herbal matrix that supports gentle restfulness and circadian alignment.

▼ **SYNERGISTIC CONSIDERATIONS**

- #406 CALM - Stress Relief, Mood Support
- #75/#2075 N3 - Relaxa
- #32/#2032 Gb - Pituitary, Pineal
- #39/#2039 Gf - Thyroid
- #720/#2720 General Sedate - Relieve Depression
- #775/#2765 Water Tonify - Strengthen Bones
- #31/#2031 Ga - Adrenal
- #850/#851 MoRS - Methylation Donor
- #810/#811 eNRG - Quantum Cellular ATP Energy
- #120 CAL - Calcium +
- #192 CalMD<sup>1-Ω</sup> - Bone Support, Vitamin D

▼ **INFORMATION RESOURCES**

- [www.systemicformulas.com](http://www.systemicformulas.com)

