

GET SLEEPING

FROM HUMN PHARMACEUTICALS

Get sleeping is a new and innovative sleep formula that has a unique combination of ingredients that work synergistically to promote a better quality of sleep.

Get sleeping reduces anxiety and stress, without the side effects common to prescription medications.



THE INGREDIENTS IN 'GET SLEEPING', READILY CROSS THE BLOOD BRAIN BARRIER.

DISCUSSION OF INGREDIENTS:

PHARMAGABA®

GABA is a neurotransmitter that calms the brain. Low GABA levels or decreased GABA function, can lead to several psychiatric or neurological disorders, including insomnia, depression and epilepsy. GABA does not cross the blood brain barrier, which is why 'get sleeping', uses Pharma GABA®, which readily crosses the blood brain barrier and is detectable within 5 to 30 minutes after consumption.¹ Pharma GABA® also increases the alpha to beta wave ratio. Researchers have concluded that Pharma GABA® has been shown to be effective in reducing the stress that is associated with quitting smoking.² Gastrodin exhibits multifactorial properties which include balancing neurotransmitters, improving blood flow and increasing insulin sensitivity. Gastrodin is beneficial to people who suffer from migraine headaches. Studies show that gastrodin can increase GABA levels by 34%, and dramatically reduces anxiety.³ It thereby calms the brain and improves sleep quality. Works synergistically with Pharma GABA®, L-theanine, Lemon balm, and melatonin.

TRYPTOPHAN

Tryptophan is an amino acid that has profound implications for depression, as well as sleep. Tryptophan is converted in the body to serotonin, which helps calm and relax the brain. The two main biomolecules in the normal production of sleep, are serotonin and melatonin. Both of these biomolecules are made

from tryptophan. People in human studies who supplemented with tryptophan demonstrated impressive results with those with mild insomnia, and in those with above average time to fall asleep. Tryptophan reduces biochemical markers of stress, especially cortisol,⁴ which can have many deleterious effects on the human body. Works synergistically with vitamin B-3.

L-THEANINE

L-theanine is an amino acid found in green tea. L-theanine is very effective in relieving stress and anxiety, and has a calming effect on the brain without a sedative effect. L-theanine binds to the same receptor sites on the cells as glutamate without stimulating them. This prevents glutamate which is an excitatory neurotransmitter from binding to those receptor sites. L-theanine has a calming effect on the brain by stimulating the production of GABA.⁵ In a double-blind head to head study which compared the effectiveness of L-theanine with xanax. The 16 participants were given either 1 mg of Xanax, a higher than normal dosage, or 200 mg. Of L-theanine, or placebo, the results were remarkable. Only those on L-theanine experienced immediate tranquility.⁶ Works synergistically with lemon balm, valerian, and gastrodin.

LEMON BALM

Lemon balm has as long been known to relieve anxiety, promote sleep and soothe agitation. The powerful relaxing effects of lemon balm have been documented by scientists around the world. Lemon balm is rich in powerful antioxidants, Caffeic and rosmarinic acid. Lemon balm extracts bind to receptor sites on cells that trigger relaxation and reduce anxiety. Lemon balm boosts levels of GABA by inhibiting the enzyme that degrades GABA, the calming neurotransmitter.⁷ Works synergistically with L-theanine, valerian root, and gastrodin to enhance calmness and reduce anxiety.

VALERIAN ROOT

Insomnia studies show that valerian helps to improve sleep quality even with people who have restless leg syndrome.⁸ Valerian acts as a sedative making it easier for a person to fall asleep and go into deeper sleep cycles. Valerian enhances the quality of sleep allowing a person to feel more refreshed and rested in the morning. Valerian is regarded by many as the most effective natural insomnia therapy that you can find. Works synergistically with lemon balm and hops.

HOPS

Hops is an aromatic herb used in the brewing of beer to improve its taste and to preserve it. Hops contains a number of health benefits, which include reducing anxiety and promoting sleep. Positive monographs have been published by the German Commission E and the Scientific Committee of European experts of the European Scientific co-operative of Phototherapy. The German Commission E has authorized the use of hops for mood disorders, anxiety, as well as sleep disorders.⁹ It has been demonstrated that hops extract has important effects on circadian rhythms that regulate sleep. It also effects serotonin and melatonin. Works synergistically with valerian, and melatonin.

MELATONIN

Is a multifaceted hormone secreted by the pineal gland in the brain. For more than 25 years, scientist have been intrigued by melatonin's ability to influence and co-ordinate the circadian rhythms of the body. Melatonin helps to set the brain's biological clock, and restore balance to the biological cycles of the body. Melatonin easily diffuses into all cells and readily crosses the blood brain barrier. Melatonin promotes healthy sleep patterns in people regardless of the cause of insomnia. Reviewing 15 studies of sleep in healthy adults, scientists noted that melatonin significantly reduced sleep latency (the amount of time it takes to fall asleep), while boosting sleep efficiency (the percentage of time spent sleeping in bed) And increasing total sleep duration.¹⁰ Melatonin works synergistically with hops, tryptophan, and gastrodin.



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HUMN Pharmaceuticals Inc.
www.humnpharmaceuticals.com

Direction: Take 1 to 2 capsules 1 hour before bedtime or as directed by your Health Physician.

Caution: If you suffer from clinical depression, are currently lactating or breastfeeding consult a physician before usage.

*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.

Manufactured for:
HUMN Pharmaceuticals Inc.

Distributed by:
HUMN Pharmaceuticals Inc.
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www.humnpharmaceuticals.com

Q-HUM-006-B



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GET SLEEPING™

NATURAL AND EFFECTIVE

SUPPLEMENT FACTS

Serving size: 2 Capsules
Servings per container: 30

	Amount per serving	Daily Value
Niacin (from Niacinamide)	25mg	130%
Vitamin B6 (from Pyridoxal 5-Phosphate)	25mg	1,250%
Proprietary Blend	1352.5mg	*

Percent Daily Value based on a 2,000 calorie diet.
*%Daily Value (DV) not established.

Other Ingredients: Hypromellose, Microcrystalline Cellulose (plant fiber), Silicon Dioxide, Nu-MAG (Organic)

Manufactured in a facility and equipment that handles: Eggs, Wheat, Milk, Tree Nuts, Peanuts, Soybeans, Crustacean Shellfish and Fish.

DIETARY SUPPLEMENT
60 CAPSULES



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GET SLEEPING LIST OF REFERENCES

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