

GOODNIGHT

Herbal Support for Restful Sleep*

GoodNight is an herbal formulation that promotes restful sleep. A comprehensive blend of sleep-supporting vitamins, herbs, and amino acids helps promote decreased sleep onset and healthy sleep quality.* Insomnia affects nearly one-third of the adult US population, causing significant economic, behavioral, and social issues.¹ Herbal remedies may support restful sleep with fewer side effects than conventional approaches.²

The ingredients in GoodNight are congruous with what research suggests to be effective and safe, particularly for promoting restful sleep*

Clinical evidence and research cited herein show that the ingredients in GoodNight may:

- Support decreased sleep onset time*
- Promote healthy sleep quality*
- Support mood*
- Support free radical scavenging activity*

How GoodNight Works

Clinical studies show that dietary intake of vitamin B6 correlates with sleep quality.^{3,4} Vitamin B6 must be obtained through diet and plays a critical role in the synthesis of neurotransmitters involved in the central nervous system and sleep patterns.⁴

Furthermore, dietary intake of foods containing tryptophan also reveals their ability to support healthy sleep quality.³ Tryptophan is an essential amino acid and a precursor of serotonin, which also plays a critical role in supporting sleep onset due to its direct effect on GABAergic neurons.^{5,6} Serotonin is involved in many central nervous system functions, including sleep.⁶

Melatonin, a lipid-soluble indolamine, is produced from serotonin in the pineal gland.^{6,7} It plays a role in sleep quality by signaling and reporting to cells about environmental factors leading to sleep, such as the onset of nighttime.^{6,7} Melatonin also is a potent free radical scavenger.⁶

L-theanine is a neurologically active amino acid that stimulates alpha brain waves, creating a sense of deep relaxation.⁸ L-theanine also plays a role in the formation of GABA, resulting in its ability to induce relaxation.⁸



How GoodNight Works Continued

The herbal ingredients include hops, lemon balm, and valerian root, which are known to possess relaxation effects due to their role as GABA receptors and support the central nervous system.^{1, 6, 9} The plant flavonoid compounds bind to receptors to promote deeper sleep.²

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin B6 (as pyridoxal-5'-phosphate)	40 mg	2,353%
L-Tryptophan	500 mg	**
Lemon Balm 4:1 Extract (aerialparts; <i>Melissa officinalis</i>)	300 mg	**
L-Theanine	200 mg	**
Hops 4:1 Extract (flower; <i>Humulus lupulus</i>)	120 mg	**
Valerian Extract (root; <i>Valeriana officinalis</i> standardized to 0.8% valerenicacids)	100 mg	**
Melatonin	5 mg	**

Other Ingredients:

Hypromellose, vegetable magnesium stearate, silica.

Directions: Take one or two capsules one hour before bedtime or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medications such as SSRIs or MAOIs consult your healthcare practitioner before use. May cause drowsiness. Use with caution if driving or operating machinery. Keep out of reach of children.

References:

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3. Peuhkuri, K., Sihvola, N., & Korpela, R. (2012). Diet promotes sleep duration and quality. *Nutrition Research*, 32(5), 309-319.
4. Fernstrand, P. L., & Garssen, J. (2015). The effect of dietary intake of vitamin B6 on sleep quality and insomnia. *European Neuropsychopharmacology*, 25(S2), 654.
5. Lieberman, H. R., Agarwal, S., & Fulgoni, V. L. (2016). Tryptophan intake in the US adult population is not related to liver or kidney function but is associated with depression and sleep outcomes. *The Journal of Nutrition*, 146(12), 2609S-2615S.
6. Bravo, R., Franco, L., Rodriguez, A. B., Ugartemendia, L., Barriga, C., & Cubero, J. (2018). Tryptophan and hops: Chrononutrition tools to improve sleep/wake circadian rhythms. *Annals of Clinical Nutrition*, 1-7.
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8. Mason, R. (2001). 200 mg of zen. *Alternative and Complementary Therapies*, 91-95.
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*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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