



Sleep⁸

**THE ABCs OF
GETTING BETTER ZZZs**



**All New Roots Herbal Products Are Tested
in Our ISO 17025–Accredited Laboratory**

Eight Ingredients, One Goal

Everyone needs a good night's sleep. Sleep⁸ contains 8 proven ingredients that act on your mind and body to induce relaxation, conducive to restorative sleep. Their synergic action will allow you to get that elusive but well-deserved 8 hours of rest.

Passionflower Extract, 4% Flavonoids

Passionflower supports the production of gamma-aminobutyric acid (GABA), which suppresses some brain activity to induce relaxation.

Hops Extract, 3.5% Flavonoids

The compounds humulene and lupulone present in hops create in the brain a substance that helps it relax, without the risk of developing an addiction.

Skullcap, 12.5% Flavonoids

The volatile oils in skullcap are useful in the treatment of many nervous disorders.

Chamomile Extract, 5% Flavonoids

Chamomile is a common ingredient used for hops pillows and a staple in most product lines of herbal and medicinal relaxing teas.

Qiye Shen'an Pian Extract

Qiye shen'an pian isolate can maintain cerebral-cortex neurons, along with improving cellular membranes within

the cerebral cortex. The cerebral cortex is responsible for memory, attention, perceptual awareness, thought, language, and consciousness; without adequate quality sleep, our attention span and our ability to concentrate, learn, and make critical decisions concerning our general wellbeing are put at risk.

Stress can compromise the defense mechanisms that allow the cerebral cortex to rest and rejuvenate; *qiye shen'an pian* isolate strengthens these defense mechanisms and decrease subcortex excitability, resulting in a calming effect.

Melatonin

Melatonin is produced by the brain's pineal gland and controls the production of hormones that regulate our sleep patterns (circadian rhythm). Light suppresses the production of melatonin, leaving shift workers and people travelling across multiple time zones often deficient in levels of this hormone.

Catnip Herb Top

Catnip drives most cats crazy with its effects on the pheromone receptors; however, it has the opposite effect on humans, as it calms the nervous system, thus complementing the other ingredients in the formula.

Magnesium

The highly bioavailable chelated form of magnesium bisglycinate has a calming effect on the nervous and muscular systems. Magnesium participates in over 300 enzymatic reactions, including

those generating cellular energy within the mitochondria, the “power stations” of every cell in our bodies. Magnesium also plays the role of gatekeeper for the absorption and release of calcium from the skeletal system.

Sweet Dreams!

Get to bed with Sleep⁸ and treat your mind and body to the restorative rest and relaxation they deserve.

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Each capsule contains:

Chamomile (<i>Matricaria recutita</i>) flower extract, 5% flavonoids	35 mg
Hops (<i>Humulus lupulus</i>) strobile extract, 3.5% flavonoids	35 mg
Passionflower (<i>Passiflora incarnata</i>) flower extract, 4% flavonoids	35 mg
Skullcap (<i>Scutellaria lateriflora</i>), 12.5% flavonoids	35 mg
Qiye Shen'an Pian (<i>Panax notoginseng</i>) leaf extract	25 mg
Magnesium (from 111 mg of magnesium bisglycinate)	20 mg
Catnip (<i>Nepeta cataria</i>) herb top	15 mg
Melatonin	500 mcg

Other ingredients:

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

V0385-R8 · NPN 80031162

Directions of use:

Adults: Take 1–4 capsules at or before bedtime or as directed by your health care practitioner.

Duration of use:

Consult a health care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

HP1403

