

# Sleep<sup>8</sup>



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## Where to Start?

In addition to recommending sleep supplements, naturopathic doctors advise patients to identify underlying issues and endorse good sleep hygiene. Practical judgement recommends starting low and increasing dosage to find the product to best meet your needs.

**GOOD NIGHT,  
SLEEP TIGHT!**

## Sleep<sup>8</sup>

#1443 · 20 capsules • #1403 · 60 capsules • #1807 · 120 capsules

### 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).

## Sleep<sup>8</sup> Plus

#3182 · 60 capsules

### Each capsule contains:

gamma-Aminobutyric acid (GABA)	150 mg
L-Theanine	100 mg
Chamomile ( <i>Matricaria recutita</i> ) flower extract, 5% flavonoids	70 mg
Hops ( <i>Humulus lupulus</i> ) strobile extract, 3.5% flavonoids	70 mg
Passionflower ( <i>Passiflora incarnata</i> ) flower extract, 4% flavonoids	70 mg
Whole skullcap ( <i>Scutellaria lateriflora</i> ) extract, 12.5% flavonoids	70 mg
Qiye Shen'an Pian ( <i>Panax notoginseng</i> ) leaf extract	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) 10:1 extract	50 mg
Catnip ( <i>Nepeta cataria</i> ) herb top	15 mg
Melatonin	5 mg

### Other ingredients:

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.  
V0775-R1 · NPN 80108182

### Directions of use:

**Adults:** Take 1 capsule daily at or before bedtime or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime, while travelling, or at destination until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).

### Duration of use:

Consult a health care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

## Sleep<sup>8</sup> Ultra

#3181 · 60 capsules

### Each capsule contains:

gamma-Aminobutyric acid (GABA)	150 mg
L-Theanine	100 mg
Chamomile ( <i>Matricaria recutita</i> ) flower extract, 5% flavonoids	54 mg
Hops ( <i>Humulus lupulus</i> ) strobile extract, 3.5% flavonoids	54 mg
Passionflower ( <i>Passiflora incarnata</i> ) flower extract, 4% flavonoids	54 mg
Whole skullcap ( <i>Scutellaria lateriflora</i> ) extract, 12.5% flavonoids	54 mg
Qiye Shen'an Pian ( <i>Panax notoginseng</i> ) leaf extract	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) 10:1 extract	39 mg
Catnip ( <i>Nepeta cataria</i> ) herb top	15 mg
Melatonin	10 mg

### Other ingredients:

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.  
V0774-R1 · NPN 80108186

### Directions of use:

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. *For jet lag:* Take once daily at bedtime while travelling or at destination, until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).

### Duration of use:

Consult a health care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

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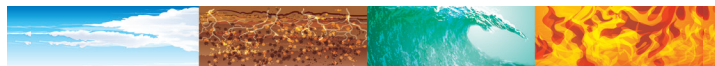


# Sleep<sup>8</sup>

**MEET THE FAMILY...  
AND GET READY FOR BETTER SLEEP!**



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



## Why Is Sleep so Important?

Sleep disorders create issues deeper than being tired or sleepy during the day. Lack of sleep can take a serious toll on your mental and physical health, including energy levels, mood, and ability to handle stress. Ignoring sleep issues can lead to irritability, memory problems, reduced job performance, strained relationships, weight gain, and even workplace and automotive accidents. Your body needs proper rest in order for you to stay healthy, feel your best, and perform up to your potential.

## Do You Have Trouble Sleeping?

Roughly one-third of Canadians have trouble falling asleep or staying asleep at night. About 10% of adults meet the criteria for insomnia. Busy lifestyles, pressure to perform, inevitable stress, and ever-present technologies all contribute to the difficulties of getting a good night's rest. Shift workers and frequent travelers suffering from jet lag represent another segment of our population in need of help.



## A Concerning Situation

Sleeping pills are widely used in Canada for a variety of sleep disorders. Some sleep experts are starting to worry about the propensity of their use, negative side effects, and the risk of dependency.

## Natural Ingredients

Nature offers an array of potent botanicals which are not habit-forming. A variety of herbs promote a relaxed state, calm the mind, decrease nocturnal activity, regulate sleep/wake cycle, and help reduce sleep onset time for people with delayed sleep phase disorder.

## Sleep<sup>8</sup> : A Perennial Favourite

Our best-selling Sleep<sup>8</sup> formula contains an array of botanicals widely accepted to relax the body and support better sleep. The synergistic effects provided by these natural ingredients could be the natural nudge you require for that elusive eight hours of rest.

- Passionflower
- Skullcap
- Catnip
- Panax notoginseng (qiye shen'an pian)
- Hops
- Chamomile
- Magnesium
- Melatonin



## Sleep<sup>8</sup> Plus and Sleep<sup>8</sup> Ultra Pack More Punch

Our new formulas were developed with therapeutic amounts of three nutrients proven to support slumber.

- gamma-Aminobutyric acid, a critical neurotransmitter, helps temporarily promote relaxation, conducive to good sleep hygiene.
- L-Theanine, an amino acid found in green tea, helps the brain relax.
- Lemon balm (*Melissa officinalis*) extract, part of the mint family, has a calming effect and has been used for centuries to reduce stress and promote sleep.

## Sleep<sup>8</sup> Plus and Sleep<sup>8</sup> Ultra Include Therapeutic Doses of Melatonin

Melatonin is a hormone produced by the body and responsible for maintaining our circadian rhythm, or sleep/wake cycle. In our late 20s, our natural production of this hormone starts to decline. Studies have shown its use is both effective and safe. It's not surprising that melatonin is the most popular single-ingredient supplement for sleep onset, jet lag, and sleep regulation. Plus, it's not habit-forming!