

Rationale For Somniquil™

Approximately 40 million adults suffer from some sort of sleep disorder. The effect sleep loss can have is potentially enormous; including lost income, disability, an increased number of accidents, weakened immunity, illness and even lost lives.

Unfortunately, modern medicine deals poorly with sleep disorders. Most effective pharmaceutical sedatives have significant side effects that prohibit their long-term or even occasional use. They can be addictive and are routinely abused as recreational drugs. They can also be dangerous to pregnant or nursing mothers, interact negatively with other medications, and cause drowsiness during the day. A safe, natural, and effective alternative is needed.



PURPOSE:

A nutritional supplement designed to supply natural nutrients for sleep, tranquility, relaxation of brain centers, and neurochemicals

INGREDIENTS:

Natural Phytonutrient Extracts and Concentrates of Valerian Root, L-Tryptophan, Calcium, L-Theanine, Magnesium, Gotu Kola, Lemon Balm, and Melatonin.

- Contains no additives -

DIRECTIONS:

Suggested Dosage: For insomnia, 2 capsules one hour before bedtime. If desired effect is not achieved in one week, increase to three capsules per dose. Somniquil is best assimilated if swallowed with meals. For best results, Somniquil should be used as part of the Wysong Optimal Health Program™* (see www.wysonghealth.net).

For long-term usage discontinue two days out of every week and five successive days every month to decrease the potential for intolerance developing.



Somniquil™ incorporates a variety of nutrients (not found in the Wysong Foundation Formulas™) that are known to specifically target areas of the brain involved with the ability to cope with stress and to create a state of tranquility, sedation and calm. It is important, therefore, that the Foundation Formulas be taken concomitantly with Somniquil since they are designed to complement the effectiveness of Somniquil.

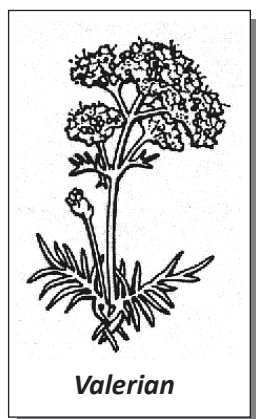
Somniquil is the result of several years of research seeking non-toxic, natural nutritional supplements. Ingredients have been selected based upon the weight of scientific evidence and traditional experience with their use. Supplementation with natural nutrients and “nutraceuticals” is an emerging science and precise mechanisms of action have not been determined in many cases.

Clinical Evidence

1. Valerian

The active constituents of the Somniquil valerian are the valepotriates and valeric acid. These substances weakly bind the same receptors in the brain as benzodiazepines, and in a test tube are found to displace benzodiazepines off the same receptor sites. A study showed that constituents of valerian root actually bind GABA (gamma-aminobutyric acid) receptors, which receive the molecule GABA, an inhibitory neurotransmitter in several areas of the central nervous system. These are the same receptors that benzodiazepines and barbiturates bind to cause their depressive effects.

Valerian appears to be safe and effective for early treatment of anxiety as well as long-term management for those unable to use or attempting to withdraw from benzodiazepines. Population surveys have shown that one-third of the population suffers from initial sleep disorders. Valerian is used primarily as a sedative, but has also been shown to have other effects such as: decreasing blood pressure, relaxing smooth muscle, and increasing bile flow, as well as anti-tumor and antibiotic effects.



A double-blind study of 128 patients who were given aqueous extract of valerian showed improved ratings for sleep quality and latency with no hangover effect the next morning. A follow-up study indicated that valerian is as effective in decreasing sleep latency as small doses of barbiturates or benzodiazepines and this was confirmed in a subsequent double-blind study.

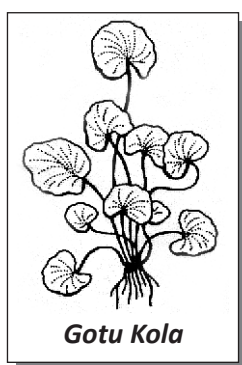
(Persons taking sedative drugs or antidepressants should take valerian only under the supervision of a physician and must avoid alcohol.)

2. Lemon Balm

Somniquil lemon balm is a natural botanical commonly used along with valerian that has been shown to have anti-stress and anti-insomnia qualities, yet causes none of the side effects common with pharmaceutical chemicals designed for the same function.

Research has shown that bedtime doses of Somniquil valerian helped participants get to sleep quicker and reduced night awakenings. Dream recall also increased the following day with no morning hangover. In another study, valerian and lemon balm were used together. The combination of valerian and lemon balm or a dose of valerian alone was given to 27 patients. Eighty-nine percent of those given the combined product reported better sleep.

Another study contrasted valerian and lemon balm combinations against Halcion™. Patient's sleep was monitored for nine nights and equal effects were shown on sleep quality and ability to get to sleep. The Halcion group also reported negative effects, including hangover and loss of concentration, while none was reported with the valerian group. The combination of lemon balm and valerian, as found in Somniquil, has also been found to work synergistically to improve sleep quality without adverse side effects.



3. Gotu Kola

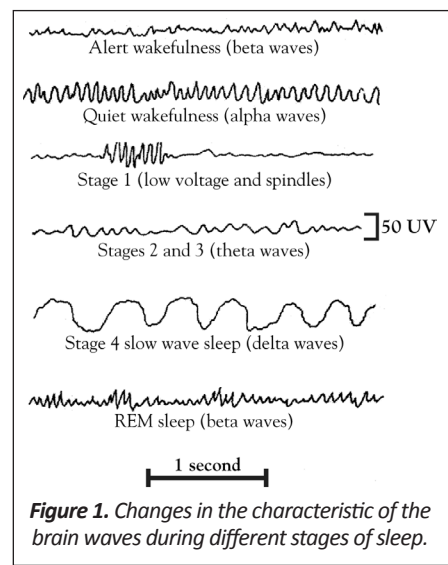
Somniquil Gotu kola helps improve mental functions. The pharmacologically active components of Gotu kola are the triterpenes, which include asiatic acid, madecassic acid, asiaticoside, and madecassoside. Also found are flavonoids (kaempferol and quercetin), myoinositol, sugar, vallerin, and amino acids. The triterpenes have demonstrated mild tranquilizing, anti-stress, and anti-anxiety actions via the enhancement of cholinergic mechanisms. Gotu kola is also commonly used for its effects on the integument (wound healing, hair and nail growth, and connective tissue growth).

4. Tryptophan

Tryptophan is one of the eight essential amino acids, obtained only via diet or supplements. Of all the amino acids, dietary tryptophan is one of

the least supplied, typically providing around 1-1.5 g/day, competing for various biochemical processes. Besides essential in protein synthesis, in people with low to moderate intakes of vitamin B3, tryptophan may be used by the liver to make B3 at the expensive ratio of 60 mg tryptophan to one mg B3.

In people with vitamin B6 deficiency, tryptophan may be rapidly degraded into toxic metabolites such as hydroxykynurenine, xanthurenic acid and hydroxyanthranilic acid. Thus, the brain typically receives less than 1% of ingested tryptophan. Vitamin B6 and magnesium enhance the effect of tryptophan. Tryptophan can also be combined with the B vitamin, niacinamide, for chronic pain or depression. Most importantly, however tryptophan is essential for the production of the mood controlling neurotransmitter, serotonin.



Studies have indicated that tryptophan to be a safe and reasonably effective sleep aid, probably due to its ability to increase brain levels of serotonin (a calming neurotransmitter when present in moderate levels) and/or melatonin (a sleep-inducing hormone secreted by the pineal gland in response to darkness or low light levels). Clinical research tended to confirm tryptophan's effectiveness as

a natural sleep aid and for a growing variety of other conditions typically associated with low serotonin levels or activity in the brain. In particular, tryptophan showed considerable promise as an antidepressant alone, and as an enhancer of anti depressant drugs. Other promising indications included relief of chronic pain and reduction of impulsive, violent, manic, addictive, obsessive, or compulsive behaviors and disorders.

Brain serotonin function promotes sleep regulation and cognitive processes, whereas sleep abnormalities and subsequent behavioral decline are often attributed to deficient brain serotonin activity. Brain uptake of the serotonin precursor tryptophan is dependent on nutrients that influence the availability of tryptophan via a change in the ratio of plasma tryptophan to the sum of the other large neutral amino acids (Trp:LNAA). Most recently a double-blind, placebo-controlled study with healthy study subjects with (n = 14) or without (n = 14) mild sleep complaints showed that a tryptophan-rich diet was associated with a 130% increase in Trp:LNAA before bedtime, reduced sleepiness, and improved brain-sustained attention processes the following morning. Further, study subjects with sleep complaints exhibited improved behavioral performance too.

5. L-Theanine

Research has shown that L-Theanine, an amino acid, creates a sense of relaxation by directly stimulating production of alpha brain waves which creates a deep state of relaxation, on average within 30-40 minutes after ingestion.

L-Theanine has also been found to help control hypertension, improve learning performance, heighten mental acuity, promote concentration, reduce caffeine effects, and support the immune system.

6. Melatonin

Hundreds of clinical studies have demonstrated melatonin as an efficient sleep aid. Melatonin is a hormone that is naturally produced by the pineal gland, which is responsible for the body's circadian rhythm (internal clock). It is a highly effective treatment for age-related insomnia, sleep latency and jet lag.

Studies at MIT and elsewhere have found that melatonin speeds the onset of sleep. The frequency of sleep disorders in elderly people is associated with impairment of melatonin production. In a randomized, double-blind study, 12 elderly individuals were treated with either a placebo or 2 mg of melatonin each night for 3 weeks. The group receiving the melatonin had greater sleep efficiency, and wake time after sleep onset was significantly shorter.

Melatonin is found to be safe for daily use in healthy adults, with no side effects. However, it is not recommended for women who are pregnant or may become pregnant, or for children unless instructed by a doctor.

7. Calcium and Magnesium

Calcium and magnesium are helpful in inducing sleep. Deficiencies in these minerals cause restlessness, nervousness, and wakefulness. Supplementing with calcium and magnesium can also be helpful in relaxing smooth muscles (such as in blood vessels to improve circulation) and preventing leg cramps during the night. One 9 week study showed that a magnesium deficient diet greatly increased wakefulness at the expense of slow wave sleep. After 9 weeks of a magnesium deficient diet, light sleep and neuronal excitability increased. Once magnesium was introduced via food and water, sleep patterns were restored to original patterns. (Both of these minerals

are also supplied in Wysong High Potassium, Magnesium, and Calcium Whole Salt)

The ingredients in Somniquil have a significant body of scientific research demonstrating their effectiveness in helping the body deal with stress, anxiety and insomnia. A partial listing of scientific references substantiating the efficacy and safety of these ingredients follows this monograph.

Somniquil, as with all Wysong Nutrient Support Formulas™, is designed to enhance and complement the lifestyle and dietary guidelines in the Wysong Optimal Health Program™ and the Wysong Foundation Formula supplements, which should be taken routinely. Taken alone, Somniquil will exert benefit, but these benefits will be greatly enhanced by the synergy of using it in conjunction with these other Wysong-designed programs.

Additionally, Somniquil should not be viewed as a pharmaceutical with which immediate powerful results may occur, (often with a trade-off of powerfully dangerous side effects). Problems that may have developed in the body over decades cannot be expected to be resolved in a day or two. Restoring healthy balances in the body takes time and usually several weeks must pass before results can be seen. Patience and commitment to an ideal of safe and natural nutrition is critical to long-term results.

Somniquil is carefully designed to be safe and to avoid excesses or imbalances. If taken with the Foundation Formulas, even though the Foundation Formulas may contain some of the same ingredients, excesses above researched allowable limits will not occur. This also applies to taking Somniquil in conjunction with other Nutrient Support Formulas. Unique among

supplement programs, all Nutrient Support Formulas and all Foundation Formulas can be taken simultaneously without exceeding safe limits.

However, intolerance to any food item, regardless of how natural it may be, can occur. This is why all Wysong supplements should be rotated as described on bottle directions and in the Foundation Formula guidelines.

To avoid disrupting the balances designed into the Wysong supplement program, and to prevent potential excess, it is not recommended that other non-Wysong supplements be taken in conjunction with this Wysong program unless specifically recommended by a nutritionally knowledgeable physician.

**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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