



Sleep Solution (single dose liquid)

Introduced 2016



What Is It?

Sleep Solution (single dose liquid) contains a unique blend of magnesium, glycine, theanine and melatonin in a convenient single serving liquid delivery system designed to encourage restful sleep throughout the night with broad-spectrum support for relaxation, sleep onset and healthy sleep quality.*

Special Features

- Offers a blend of nutrients designed to promote relaxation, sleep onset and sleep quality*
- Convenient, single-serve, ready-to-drink bottle for easy bedtime and travel use
- Great-tasting natural raspberry-lemonade flavor
- No artificial sweeteners or flavors

Uses For Sleep Solution

Occasional sleeplessness: Sleep Solution (single dose liquid) targets both emotional and muscle relaxation, as well as sleep onset and quality to encourage restful sleep throughout the night. Glycine and magnesium are included to support muscle relaxation and a healthy sleep cycle. In a small study involving sleep deprived volunteers, 3 grams of the inhibitory neurotransmitter glycine enhanced subjective sleep quality, sleep onset time and daytime alertness. Melatonin also facilitates the onset of sleep and sleep efficiency. L-Theanine promotes relaxation and moderates occasional stress. Research indicates that L-theanine enhances alpha wave production in the brain, an indication of relaxation. Xylitol is included in the formula for its sweetening and dental health properties, including support for salivary pH and mineral concentrations to promote microflora balance and tooth mineralization.*

What Is The Source?

Magnesium is derived from the lime of rock. Citric acid is derived from corn dextrose fermentation. Glycine and melatonin are synthetic. Theanine is derived from fermentation. Xylitol is derived from corn cob. Stevia is from the leaves of the botanical *Stevia rebaudiana*.

Recommendations

Pure Encapsulations® recommends 1 bottle 30-60 minutes before bedtime.

Are There Any Potential Side Effects Or Precautions?

Consult a healthcare professional before administering to children, if you are experiencing long-term sleep difficulties, if you are pregnant or lactating, if you have a medical condition, or if you are taking any medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids. G.I. upset has been reported by a small number of individuals taking glycine. Glycine may be contraindicated for those immediately recovering from stroke or with liver and kidney disease. At high dosages, magnesium can cause loose stools. Higher doses of L-theanine have been reported to cause drowsiness in some people; however, lower doses have not had this effect reported. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Melatonin is contraindicated with MAO inhibitors and corticosteroids. Glycine may be contraindicated for those taking clozapine, an antipsychotic medication. Magnesium should be taken separately from Bisphosphonate medications. Caution should be taken with concurrent use of potassium-sparing diuretics. Magnesium may also be contraindicated with certain antibiotics. Consult your physician for more information.

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Each (58 ml/1.96 fl oz) bottle contains  v

magnesium (as magnesium citrate)	145 mg
glycine (free-form)	3 g
Suntheanine® l-theanine	100 mg
melatonin.....	3 mg

other ingredients: purified water, xylitol, citric acid, natural raspberry, lemonade and other natural flavors, potassium sorbate, purified stevia extract

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Take 1 bottle 30-60 minutes before bedtime.

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