Sleep Support

Product Information Sheet

PRODUCT OVERVIEW

Sleep Support was developed to encourage physiologic sleep initiation, promote nervous system relaxation, and help regulate normal stress responses without excessive sedation. Difficulty falling asleep commonly reflects a combination of circadian rhythm misalignment, persistent mental activation, elevated stress signaling, or difficulty transitioning from daytime alertness into nighttime rest.

This formulation combines melatonin, Suntheanine® (a patented and clinically studied form of L-theanine), magnesium (as magnesium glycinate), and Holixer® (a branded, standardized, and clinically studied holy basil extract). Each ingredient was selected to influence complementary neurophysiologic pathways involved in sleep timing, relaxation, and stress adaptation.

Together, these ingredients help facilitate a smoother transition into sleep while maintaining normal next-day alertness.

Supplement Facts

Serving Size: 2 Capsules

Melatonin 3 mg, Holy Basil (Holixer®) 250 mg, Suntheanine® (L-theanine) 200 mg, Magnesium (as magnesium glycinate) 100 mg (elemental magnesium)

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CLINICAL APPLICATIONS

- Encourages transition from wakefulness into sleep
- Enhances calm before bedtime
- Promotes relaxation of mental hyperarousal
- Helps normalize circadian rhythm timing
- Encourages balanced stress and cortisol signaling
- Promotes restorative sleep patterns without excessive sedation
- May assist individuals who have difficulty winding down in the evening, including those using daytime stimulant medications

MECHANISTIC RATIONALE AND PEER-REVIEWED SUPPORT

MELATONIN — CIRCADIAN REGULATION AND NEUROIMMUNE SIGNALING

Melatonin is an endogenous neurohormone synthesized from serotonin and released in response to darkness. Its primary physiologic role is regulation of circadian rhythm and signaling the transition from wakefulness to sleep. Systematic reviews and meta-analyses demonstrate improvements in sleep onset latency and total sleep time across populations with sleep disturbance, including circadian rhythm delay and neurodevelopmental sleep challenges [1,2].

Melatonin acts through MT1 and MT2 receptors within the suprachiasmatic nucleus to synchronize sleep-wake timing rather than acting as a classic sedative. For some individuals, improved sleep continuity is accompanied by improved nighttime restlessness and calmer evening behavior, likely secondary to improved sleep architecture [1,2].

Beyond circadian regulation, melatonin has documented antioxidant and immunomodulatory actions. Translational and review literature describes downregulation of inflammatory signaling, including inhibition of NLRP3 inflammasome activation pathways, which may be relevant for individuals with heightened neuroimmune activation and physiologic stress signaling [3,4].

Melatonin is widely used in both adult and pediatric sleep practice for sleep-onset and circadian rhythm support. Clinical literature supports its favorable safety profile when used at appropriate doses under healthcare guidance, and it is commonly incorporated into individualized sleep plans alongside behavioral sleep strategies [5,6].

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SUNTHEANINE® (L-THEANINE) — RELAXED WAKEFULNESS AND COGNITIVE QUIETING

L-theanine is a naturally occurring amino acid found in tea leaves that promotes a calm but attentive mental state. Suntheanine® is a patented, purified form of L-theanine used in human trials examining stress response, sleep quality, and cognitive measures.

L-theanine has been shown to increase alpha-frequency brain wave activity (associated with relaxed wakefulness) and to influence neurotransmitter systems involved in calming and stress adaptation, including glutamatergic signaling and inhibitory tone [7]. These effects are relevant for individuals who experience "racing thoughts," sensory hyperarousal, or difficulty disengaging from cognitive activation at bedtime.

Clinical trials and recent evidence syntheses indicate L-theanine can improve subjective sleep outcomes and stress-related symptoms in some populations, with dose ranges that overlap with this formula [8–10]. Importantly, L-theanine is generally positioned as promoting relaxation and sleep quality without next-day sedation [8–10].

MAGNESIUM (AS MAGNESIUM GLYCINATE) — NEURONAL EXCITABILITY AND RELAXATION PHYSIOLOGY

Magnesium is an essential mineral involved in numerous enzymatic processes, including regulation of neuronal excitability, neurotransmitter balance, and physiologic stress response. Magnesium participates in NMDA receptor modulation and contributes to inhibitory signaling balance, which is relevant to physical tension and physiologic "wired" states that can interfere with sleep initiation.

Clinical literature suggests magnesium supplementation may improve subjective measures of insomnia and sleep efficiency in certain populations, including older adults, and may influence physiologic stress mediators such as cortisol in some contexts [11]. Evidence syntheses focused on anxiety and stress note that magnesium may improve subjective anxiety in select populations, while acknowledging heterogeneity across trials [12]. Magnesium glycinate was selected for its tolerability and favorable clinical use profile in individuals sensitive to gastrointestinal side effects from other magnesium forms.

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HOLY BASIL (HOLIXER®) — STRESS ADAPTATION AND HPA AXIS REGULATION

Holy basil (Ocimum tenuiflorum; also known as tulsi) is an adaptogenic botanical traditionally used to enhance resilience to stress. Holixer® is a branded, standardized extract evaluated in human clinical research.

A randomized, double-blind, placebo-controlled trial investigating Holixer® demonstrated improvements in subjective stress and insomnia-related outcomes, as well as favorable changes in objective stress physiology measures (including hair cortisol and stress reactivity measures) in adults experiencing stress [13]. These findings are consistent with the broader clinical literature describing tulsi as a botanical with favorable effects across stress-related and metabolic domains, while recognizing that research quality and dosing vary across studies [14].

By promoting more adaptive stress physiology, holy basil may be particularly relevant for individuals whose sleep onset difficulties are driven by elevated evening stress signaling or difficulty transitioning from daytime demands into nighttime rest.

WHY THESE INGREDIENTS ARE COMBINED

Sleep initiation and quality are influenced by circadian timing, nervous system arousal, neurotransmitter balance, and stress physiology. This formulation addresses these processes simultaneously:

Melatonin promotes circadian signaling and sleep timing [1,2]

Suntheanine® encourages mental calm and cognitive quieting [7–10]

Magnesium supports physiologic relaxation and neuronal stability [11,12]

Holixer® helps modulate stress physiology and sleep disruption related to stress [13,14]

This combination is designed to promote nighttime relaxation without heavy sedation or impairment of daytime function.

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GENOMIC VARIABILITY AND STRESS RESPONSE

Some individuals have genetic variations that influence arousal pathways and stress regulation, contributing to difficulty transitioning into sleep. Variants affecting neuropeptide signaling and hypothalamic–pituitary–adrenal axis regulation may contribute to increased hyper-alertness, prolonged cortisol signaling, and heightened stress responsiveness.

Examples include variants in the neuropeptide S receptor (NPSR1), which may contribute to heightened arousal phenotypes, and FK506 binding protein 5 (FKBP5), which influences glucocorticoid receptor sensitivity and stress recovery. Individuals with these patterns may experience greater difficulty winding down during periods of stress. Sleep interventions are most effective when individualized and paired with behavioral sleep routines and clinician guidance when appropriate.

Directions for Use

Take 1–2 capsules approximately 30–45 minutes before desired onset of sleep, or as directed by your healthcare provider.

Warnings: Consult your healthcare provider prior to use if you are pregnant, nursing, taking prescription medications, or have a medical condition. Use caution when combining with other sleep medications or sedating agents. Do not combine with alcohol.levels should be monitored when using higher-dose or long-term supplementation.

FREQUENTLY ASKED QUESTIONS

How much elemental magnesium is in this formula?

Magnesium Glycinate 20% is a compound comprised of approximately 20% elemental magnesium and 80% glycine. A total input of 500 mg magnesium glycinate provides 100 mg elemental magnesium per 2–capsule serving.

Can melatonin be taken by children? Is it safe for all ages?

Melatonin is commonly used to support healthy sleep routines in both adults and children, particularly for sleep-onset difficulties and circadian rhythm delay. When used at appropriate doses and under healthcare guidance, it has been shown to be well tolerated. As with any sleep intervention in children, dosing and duration should be individualized in collaboration with a healthcare provider.

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How long before bedtime should I take Sleep Support?

Most individuals take melatonin-containing products about 30–60 minutes before the desired onset of sleep.

Will this make me sedated or unsafe to drive?

This formulation is intended to encourage physiologic sleep signaling rather than sedation. Individual responses vary, so avoid driving or operating machinery until you know how you respond.

Can this help with falling asleep after daytime stimulant use?

Some individuals using stimulant medications earlier in the day experience difficulty winding down at night. Sleep Support is intended for evening use to encourage relaxation and normal sleep signaling as daytime stimulant effects wear off. Ongoing sleep difficulty should be discussed with your healthcare provider to ensure medication timing and sleep strategies are appropriately individualized.

Can this be taken with Neuro Nutrients Calming Support?

Yes. Sleep Support may be combined with Neuro Nutrients Calming Support if additional calming effects are desired. Combination use should be individualized and discussed with your healthcare provider.

What else can I do to improve sleep naturally?

Early exposure to natural daylight, especially within the first hour after waking, helps regulate circadian rhythm and supports natural melatonin production later in the evening. Consistent sleep timing and reducing evening light exposure also help improve sleep quality.

Can Sleep Support be taken nightly?

Some individuals use sleep-support supplements short term to help establish sleep routines, while others use them longer term under provider guidance. Duration of use should be periodically reassessed.

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