



SOLIDsleep™

Safe & Restful Sleep

Product Information Sheet

SOLIDsleep™



SOLIDsleep is a **Phytotherapeutic Extraction** of Valerian (*Valeriana officinalis*), Magnolia Bark (*Magnolia officinalis*), Nepeta (*Nepeta Menthiodes*) and Passion Fruit (*Passiflora Edulis*). Formulated for maximum effectiveness SOLID Sleep can provide safe and gentle sleep.

Valerian is most commonly used for sleep disorders, especially the inability to sleep (insomnia). Valerian is also used for anxiety and psychological stress. Valerian has been used as a medicinal herb since at least the time of ancient Greece and Rome. Hippocrates described its properties, and Galen later prescribed it as a remedy for insomnia. Because of valerian's historical use as a sedative, antiseptic, anticonvulsant, migraine treatment, and pain reliever, most basic science research has been directed at the interaction of valerian constituents with the GABA receptor.

Magnolia Bark is used for insomnia. The highly aromatic bark is used in traditional Chinese medicine, where it is known as *hou po*. Hou Po has been used for at least 2,000 years. The bark contains magnolol and honokiol, two polyphenolic compounds that have been demonstrated as peroxisome proliferator-activated receptor gamma (PPAR gamma) agonists and GABA_A modulators. Modern magnolia bark uses include sleep disorders or insomnia, anxiety, weight loss, and stress. This herb can provide natural anxiety relief and is an excellent remedy for stress.

Nepeta (*Nepeta Menthiodes*) has a long history of use in herbalism. The leaves and flowering tops are strongly antispasmodic, antitussive, astringent, carminative, diaphoretic, slightly emmenagogue, and sedative. Plant constituents include Nepetalic acid, Alpha- & beta-Citral, Nepetalactone, Limonene, Geraniol, Dipentene, Citronella, Nerol, Acetic acid, Butyric acid, Valeric acid and Tannin. The soothing effect of Nepeta is attributed to the substance nepetalactone, not unlike the soothing ingredient found in valerian (*Valeriana officinalis*). Both nepetalactone and nepetalinic acid have been shown to increase sleep duration significantly. Nepeta is also used as a muscle relaxant and mild sedative, which is why it is often used to relieve the pain of headaches (especially tension headaches) and migraines. This also explains its use to combat insomnia and other sleep disorders.

Passion Fruit (*Passiflora edulis*) Traditionally, passion fruit has been used for its sedative effect. Due to this effect, it has been used as an herbal sleep aid and is considered an excellent herb to relieve anxiety. *P. edulis* has many common names, including purple passionflower. Studies suggest it might help ease insomnia and anxiety. It appears to boost the level of gamma-aminobutyric acid (GABA) in your brain. This compound lowers brain activity, which may help you relax and sleep better. Researchers suggest that passionflower may help adults manage mild sleep irregularities.

Together, these four herbal extracts present a powerful spectrum of herbal remedies that address the need to easily fall asleep, and once sleeping have a long and restful sleep.