



BETTER SLEEP

MAY BE JUST A DAY AWAY



ASK YOUR DOCTOR IF
BETTER SLEEP
IS RIGHT FOR YOU.

The natural ingredients contained in Better Sleep Essentials are specifically designed to optimize the conditions during which Serum growth hormone is released during sleep.



AMINO ACIDS



MINERALS



VITAMINS

(801) 446-5100

WWW.SOJOCHIRO.COM

10464 S Redwood Rd
South Jordan, UT 84095

@southjordanchiropractic

BETTER SLEEP ESSENTIALS



The natural ingredients contained in Better Sleep Essentials are specifically designed to optimize the conditions during which Serum growth hormone is released during sleep. The unique combination of Zinc, Magnesium, Vitamin B-6, and GABA (γ-Aminobutyric acid) contained in Better Sleep Essentials, promotes optimal hormone responses within the body that support a more restorative sleep and metabolic regeneration.

Zinc, Magnesium and Vitamin B-6

Better Sleep Essentials contains highly bioavailable Zinc mono-L-methionine sulphate, Zinc aspartate, Magnesium aspartate, and vitamin B6. These ingredients are proven to support hormone health, including noticeable increases in Insulin-like Growth Factor - 1 (IGF-1) and Free Testosterone.

Selected hormones were assessed in response to a nightly supplementation regimen, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with the proprietary ingredients including 30 mg zinc mono-L-methionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6. Plasma zinc and magnesium levels were 0.0. to 1.04 μg/mL; 19.43 TO 20.63 MCG/ML AND p (0.84 TO 0.80 μG/ML; 19.68 TO 18.04 μG/ML, respectively (P,0.001).

Free testosterone in the control group increased 44.2 μg/ml (43% increase) compared to a

decrease of -14.4 μg/ml (10% decrease) in the placebo group for an overall increase against placebo of 53.2% IGF-1 notably did not increase, as occurs with aging, and increased against the placebo group a total of 25.4%. IGF-1 may mediate the action of GH on skeletal muscle as a paracrine agent.

Gaba (γ-Aminobutyric Acid)

GABA (γ-Aminobutyric acid) when taken at night, along with daily exercise and whey protein consumption, produces an increase in resting serum growth hormone.

KYOTO, Japan--(BUSINESS WIRE)--On June 1st, a newly-released study was released at the ACSM Annual Meeting in Boston, proving for the first time that supplementing a post-exercise whey protein regimen with their natural GABA (γ-Aminobutyric acid) produces an increase in resting serum growth hormone, consequently improving the formation of lean muscle mass.

SUPPLEMENT FACTS

Serving Size: 2 capsules

Servings per Container: 45 %DV*

Vitamin B6 (as pyridoxin hcl) 4mg 235%

Magnesium (as aspartate) 200mg 48%

Zinc (as mono-L-methionine and aspartate) 13mg 118%

Proprietary Blend: 390mg**

L-Arginine, GABA (Gamma-Aminobutyric Acid), L-Leucine, Glycine, Beta Alanine, L-Glutamine, Ashwagandha Extract (Withania somnifera), Aloe Vera Power (Aloe barbadensis miller), Fenugreek Powder (Trigonella foenum fraecum), Raspberry ketones (Rubus idaeus), Melatonin.

* The Percent Daily Value (%DV) is based on a 2,000 calorie daily diet.

**Daily Value not established

Other ingredients: Brown rice flour, Magnesium oxide, Zinc oxide, Vegetable cellulose (capsule)

GABA (γ-Aminobutyric acid) is a naturally-occurring amino acid and key inhibitory neurotransmitter found in human cells. Serum growth hormone (GH) regulates various elements of body composition including the synthesis of muscle protein. Although aaGABA's specific anabolic effect remains undefined, what's been shown for the first time, is that oral intake of GABA along with whey protein, a known means of stimulating skeletal muscle hypertrophy, enhances the process and produces demonstrably more lean mass than with whey protein alone.