



# Zen Sleep

## with P5P and 5-HTP

Zen Sleep starts with the foundation ingredients of our original product 200 mg of Zen, GABA (gamma-aminobutyric acid), and L-theanine (glutamic acid gamma-ethylamide), an amino acid derivative found naturally in green tea (*Camellia sinensis*). Added to them are P5P (pyridoxal-5-phosphate), which is the coenzyme form of vitamin B6, and 5-HTP (L-5-hydroxytryptophan), the precursor to serotonin and melatonin. This combination helps promote a relaxed state, and provides the necessary factors for the body to produce melatonin, supporting normal, healthy sleep.\*

GABA and L-theanine can help balance the parasympathetic nervous system.\* 5-HTP and P5P can directly and indirectly support this calming action.\*

### Key Features

- Provides key nutrients for the production of melatonin in the body\*
- Supports a feeling of relaxed calmness and well-being\*
- 5-HTP (L-5-Hydroxytryptophan) is a precursor to serotonin and melatonin
- P5P (pyridoxal-5-phosphate) is the active, coenzyme form of vitamin B6, and supports the conversion of 5-HTP to serotonin\*



Item #77360  
60 vegetarian capsules

# Zen Sleep

5-hydroxytryptophan (5-HTP) is obtained from the seeds of the African shrub *Griffonia simplicifolia*. In the body, 5-HTP has a variety of ways it may support healthy brain function.\* 5-HTP is converted in the body to serotonin, which can affect sleep, appetite, temperature, sexual behavior, pain sensation, and mental states.\* Serotonin is further converted into melatonin, the well-known sleep hormone.\*

Vitamin B6 is required for amino acid, carbohydrate, and lipid metabolism.\* It is required for numerous metabolic transactions in the body, including the conversion of 5-HTP to serotonin.\* The typical form of B6 in supplements is pyridoxine, which requires further transformation to have its full effect. The coenzyme form of B6, pyridoxal-5-phosphate, is the active form of pyridoxine, and supports metabolic needs for a wider range of individuals.\*

Research has shown that dietary components can modulate the body's levels of neurotransmitters, e.g. serotonin, dopamine, norepinephrine, and GABA. Alterations in the levels of these neurotransmitters, perhaps induced by metabolic stress or vitamin deficiencies, e.g. vitamin B6, can significantly influence mood and emotional status, as well as motor function.\*

GABA is the major inhibitory neurotransmitter in the brain and is active at 20% of central nervous system synapses. GABA, via its neuronal A receptor, inhibits neurons by causing an influx of chloride ions. This chloride influx initiated by GABA is known to be part of the bodily mechanisms involved with mood, muscle relaxation and sedation.\* A decrease in GABA's function as an inhibitory mediator or a dysregulated sensitivity of GABA receptors can lead to excessive neuronal activity.\*

Theanine is also recognized to have calming properties.\* Theanine offers a unique combination of actions, allowing it to help relieve occasional sleeplessness, and at other times to help restore calm alertness when experiencing fatigue or drowsiness.\* Human studies have demonstrated that oral theanine supplementation increases alpha wave activity, fostering a state of calm relaxation.\* Theanine also supports a normal, healthy attitude during premenstrual syndrome (PMS). It may diminish the normal symptoms of PMS, and help reduce mood symptoms such as crying and irritability associated with PMS.\*

Although L-theanine is a component of green tea, Zen Sleep does not contain caffeine.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value**	
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%
GABA (Gamma-Aminobutyric Acid)	550 mg	†
Suntheanine® L-theanine	200 mg	†
L-5-Hydroxytryptophan	100 mg	†

† Daily value not established.

\*\*Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

**Suggested Use:** As a dietary supplement, 2 capsules 30 minutes before bedtime, or as directed by a healthcare practitioner.

**Warning:** Not indicated for pregnant or nursing women. If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.

**Suntheanine®**

We use only Suntheanine®, pure L-theanine from Taiyo International, Inc.