



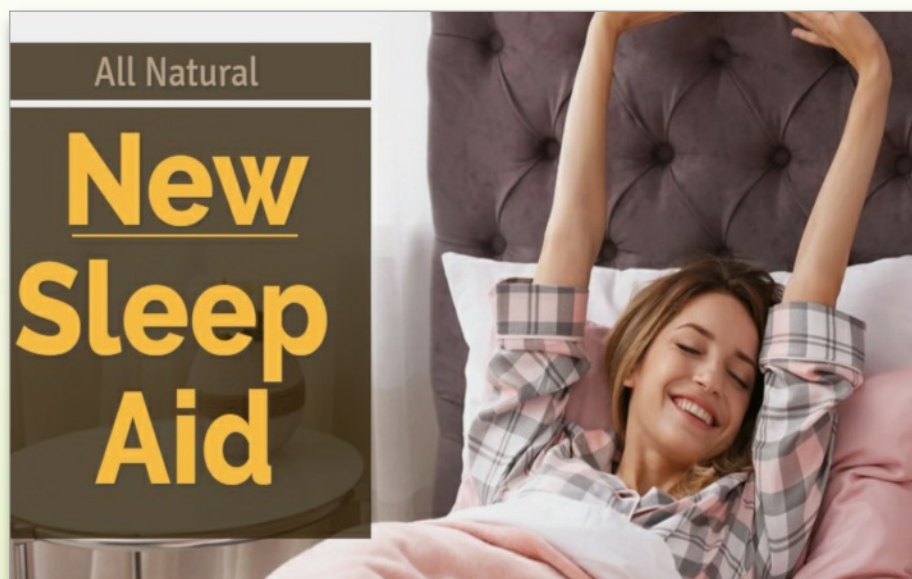
New Sleep Product Alpha-Theta Ultra PM

“Biotics new sleep product called Alpha-Theta Ultra PM provides foundational support to reset mind and body naturally.”

Restorative, quality sleep is essential for optimal health because that's when we repair and recover. Prescription sleep aids may knock you out but they don't produce quality restorative sleep.

We live in a stressed out, fast paced society; and eventually, people feel overwhelmed, which produces the perception that "I'm always behind, I can't catch up" which produces anxiety, which ramps up a hormone called cortisol. Cortisol being turned on is a good thing but NOT when it's turned on all the time. Excess cortisol reduces the effectiveness of hormones and neurotransmitters like melatonin, serotonin, dopamine and GABA.

So if we can find a way to reduce anxiety naturally, while enhancing alertness so we stay sharp and accomplish our goals, we have a winning strategy. And that's the rationale for a new sleep product by Biotics Research called Alpha-Theta Ultra PM. Alpha-Theta Ultra PM provides foundational support to reset mind and body naturally. This sleep



formula provides the basic building blocks to reset critical neurotransmitters.

The name Alpha-Theta was chosen because the ingredients have been shown to enhance alpha and theta brain waves. In an ideal sleep pattern, a person experiences two types of sleep patterns.

- Non-REM, which are associated with alpha and delta brainwave sleep.
- REM, which is associated with dreaming and theta wave sleep.

If either phase is disrupted, sleep disturbance results.

Alpha-Theta Ultra PM induces calming brainwave activity and promotes the onset and duration of high-quality sleep. Over the years you will hear a greater emphasis on quality vs. quantity of sleep. The quality is where the regeneration takes place.

Two capsules of Alpha-Theta Ultra PM supply 350 mg of L-theanine, 300 mg Chinese Skullcap, 250 mg of Lemon Balm, 250 mg of Passionflow-

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er Extract, 150 mg of 5-HTP (5-hydroxytryptophan), 10 mg of B6 as pyridoxal-5-phosphate, and 3 mg of melatonin.

Let's look briefly at the ingredients. L-theanine increases GABA and dopamine Levels. GABA is the brain's primary relaxing neurotransmitter and dopamine keeps us alert, passionate and sharp during the day. Healthy dopamine levels help us accomplish our goals so we don't feel behind all the time. L-theanine is an amino acid found in green tea. Since it is fat-soluble, it is easily absorbed and crosses the blood-brain barrier resulting in an increased production of calming brain alpha waves. L-theanine has been shown to support improved sleep quality not by sedation, but through anxiolytics. L-theanine protects against excess glutamate.

Glutamate is the brain's number one excitatory neurotransmitter. L-theanine has been found to significantly increase activity in the alpha frequency band, which is associated with relaxing the mind.

Chinese Skullcap has been widely used for its health supporting properties for thousands of years. It contains a multiple of flavones that have been shown to have anxiolytic effects by activating GABA, the brain primary inhibitory neurotransmitter. One of the compounds or ingredients in Chinese skullcap called wogonin was just as effective as benzodiazepine.

Lemon balm, from the mint family, has been shown to improve sleep quality. One study also showed lemon balm increased self-ratings of

calmness and alertness, mitigating the effects of stress, often the source of sleeplessness.

Bluecrown passionflower, native to South America, has a long history as an anxiolytic. Because of all the ingredients or flavonoids in passionflower, it has high antioxidant, anti-inflammatory, anticonvulsive properties. It has a synergistic benefit when combined with lemon balm.



Melatonin was added because like other hormones, it drops as we age so by the time we reach 40, chances are pretty good we're low, especially since the half-life of this amazing

hormone is only 1 hour. Beyond regulating sleep new research on melatonin suggests it protects against viral and bacterial infections, reduces oxidant stress and inflammation. It slows aging, improves menopausal symptoms and improves brain function as we age.

5-HTP and B6 as P-5-P are also present to enhance serotonin and melatonin production.

Based on research on the individual botanicals, Alpha-Theta Ultra PM calms brainwave activity, improves overall sleep onset, quality and duration, promotes natural circadian rhythms, supports healthy levels of GABA, serotonin and dopamine and optimizes stress response. It's a 100% natural product that helps restore sleep, not by some drug effect, rather by supporting the body's reaction to anxiety.

Talk to your clinician and see if a trial of Alpha-Theta Ultra PM could bring you the refreshing sleep you are missing.

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