

LISTED MEDICINE - AUST L 449599

your **SLEEP**

30 Capsules

Enhanced with Cineole and Passiflora, **your SLEEP** supports healthy sleep patterns and helps you fall asleep faster, naturally.



Formulated to support restful and refreshing sleep. Our blend combines the calming effects of Passiflora Incarnata Extract with the benefits of Magnesium Glycinate and Cineole, a powerful terpene. These ingredients work together to help reduce sleeplessness, improve sleep quality, and maintain healthy sleep patterns.

- Supports refreshing sleep
- Relieve sleeplessness
- Reduce time to fall asleep
- Decreases disturbed/restless sleep
- Maintain healthy sleeping patterns
- Promotes quality deep sleep
- Enhance sleep quality/deep sleep
- Help reset sleep-wake cycle (circadian rhythm)

Ingredients

Active Ingredients

Magnesium Glycinate 600mg
Passiflora Incarnata Dry Flower
Extract 60mg (equivalent to
300mg Passiflora Incarnata)

Other Ingredients (Excipients)

Cineole
Colloidal anhydrous silica
Hypromellose
Magnesium stearate
Purified water

Terpene Profile



Cineole

A terpene found in eucalyptus and other plants. It has calming and anti-inflammatory properties that can help improve sleep quality by promoting relaxation and reducing disturbances.

It's your **JOURNEY**

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Frequently Asked Questions

What are terpenes?

Terpenes are natural compounds found in many plants, responsible for their unique scents. They offer various health benefits, including promoting relaxation and supporting healthy sleep patterns.

What is Cineole and how does it assist with sleep?

Cineole is a terpene found in eucalyptus and other plants. It has calming and anti-inflammatory properties that can help improve sleep quality by promoting relaxation and reducing disturbances.

What is does Passiflora Incarnata and how does it support sleep?

Passiflora Incarnata, commonly known as passionflower, supports sleep through its anxiolytic and sedative effects. It reduces anxiety, aiding relaxation, and increases levels of gamma-aminobutyric acid (GABA) in the brain, promoting relaxation and reducing the time it takes to fall asleep. The plant's compounds, like flavonoids and alkaloids, further calm the nervous system, facilitating the onset of sleep.

What is Magnesium Glycinate and how does it promote healthy sleep patterns?

Magnesium Glycinate, a highly absorbable magnesium form, plays a role in promoting healthy sleep patterns by regulating neurotransmitters such as serotonin and glutamate, crucial for mood stabilisation and relaxation. Moreover, its potential to influence NMDA receptors and neuroprotective properties might contribute to improved cognitive function, indirectly supporting better sleep quality.

Why is capsule dosing helpful for these ingredients?

Capsules ensure you get a consistent and precise dose of the active ingredients each time. They protect the ingredients from air and light, keeping them potent. Plus, they're easy to swallow and convenient to take, making it simple to stick to your supplement routine.

Will I feel any psychoactive effects from terpenes?

No, terpenes won't make you feel high. They don't have psychoactive effects like THC, which is found in cannabis. Terpenes can enhance health benefits but won't alter your state of mind.

How does *your SLEEP* help reduce sleeplessness?

Combining the calming effects of Passiflora Incarnata and Cineole with the muscle-relaxing benefits of Magnesium Glycinate. This blend helps reduce sleeplessness and promotes relaxation, making it easier to fall asleep.

Can *your SLEEP* help improve my sleep quality?

Yes, it's designed to enhance sleep quality by supporting relaxation, reducing disturbances, and helping maintain healthy sleep patterns. The combination of ingredients works together to promote deep and restful sleep.

How long does it take to feel the effects of this product?

Results can vary from person to person. Some people might notice improvements in their sleep quality within a few days, while others might take a week or more of regular use. Consistency is key for the best results.