



Product Overview*

- Convenient single capsule sleep support
- Melatonin to initiate feelings of sleepiness & support overall wellness
- Magnesium, zinc & vitamin B6 to promote natural sleep cycle
- L-theanine to promote relaxation
- All-natural excipients
- 3rd party potency tested

Product Summary*

Sleep is one of the most critical elements of human existence. Failure to obtain optimal levels of sleep affects everything from cardiovascular and immune system to cognition, metabolic health and social interactions. However, despite the need for sleep, many individuals struggle to fall and stay asleep on a nightly basis. To assist with this issue, Evolve Wellness has created Evolve Sleep.

Evolve Sleep is a convenient capsular product designed to support feelings of sleepiness as well as enhance sleep quality and promote overall wellness. It contains melatonin, theanine as well as micronutrients such as magnesium, zinc and vitamin B6 to support a normal sleep cycle. Evolve Sleep can easily be titrated up depending on the patient/client needs.

Target Market/Population*

A wide range of individuals may use Evolve Sleep including those looking for general sleep support or experiencing jet lag.

Suggested Use

Evolve Wellness recommends consuming 1 capsule of Evolve Sleep approximately 30-60 minutes prior to desired sleep time. One may increase to 2 or 3 at the

discretion of a healthcare professional. Do not exceed 3 capsules per 24 day.

The Science

Melatonin*

Secreted within the brain by the pineal gland, melatonin is a neurohormone which promotes feelings of sleepiness and helps to establish one's natural circadian (i.e 24 hour) rhythm. Multiple research studies have shown supplemental melatonin to not only decrease the time required to fall asleep but also, improve overall sleep quality.¹⁻⁴

With advancing age, it appears that the body's ability to naturally produce melatonin decreases.^{5,6} One particular study noted almost a 40-50% reduction in peak nocturnal melatonin production as well as total melatonin secretion over 24 hours (melatonin index), when comparing young (mean age ~ 37 yo) and elderly (mean age ~82) individuals.⁵ In a cross section study of Chinese, it was found drop-offs were most significant after age 60.⁶

This age-related decline in melatonin production may contribute to various chronic conditions as melatonin is a

powerful antioxidant. Human based research studies have shown supplemental melatonin to support blood pressure, lipid profiles, cognitive function and bone mineral density.⁷⁻⁹.

Weight management is another area where supplemental melatonin has shown promise in human based trials.^{10,11} When studied in postmenopausal women, one research group found that supplementing 1-3 mg of melatonin over the course of a year led to a ~7% loss in fat mass while trending towards a ~ 3.5% improvements in lean mass; these changes were brought about in the absence of any additional exercise or nutrition intervention.¹⁰

To the best of the Evolve Wellness Science Team's knowledge there has not been any published research demonstrating melatonin supplementation will interfere with one's ability to naturally produce it upon discontinuing use. Additionally, withdrawal symptoms following continuous melatonin use for 6-12 months appear minimal; although some individuals sleep patterns may return to their baseline levels.^{12,13}

L-Theanine*

Present in tea leaves, l-theanine is a naturally occurring amino acid which has traditionally been used to promote feelings of relaxation.^{13,14} These effects are believed to be mediated through theanine's ability to influence alpha wave production within the brain.¹⁵

Currently there is not an extensive amount of research which has directly examined the effects of l-theanine on sleep.

However, preliminary evidence has shown l-theanine administration to support various parameters of sleep quality in those with mood and focus related issues.^{16,17}

Additionally, a 200 mg dose of l-theanine has been shown to support sleep in a variety of populations, including post-menopausal women as well as healthy adults.^{14,18}

Magnesium*

Magnesium plays a key role in assisting a healthy sleep cycle through multiple mechanisms which promote a calm state and promote sleep. Within the brain, magnesium acts as an antagonist to excitatory NMDA receptors within the brain, which, when fully activated

prevent one from falling and maintaining a normal, healthy sleep cycle.¹⁹

When given to individuals experiencing poor sleep duration, magnesium has been shown to improve one's sleep time, sleep efficiency, sleep onset latency and melatonin production.²⁰

Evolve Sleep uses magnesium in its amino acid chelate form as Dimagnesium malate.

Zinc*

Zinc is an essential mineral which appears to influence a normal sleep cycle.²¹ In a 2003 animal based research study, it was shown that a zinc deficiency led to reduced plasma melatonin levels whereas zinc supplementation increased it.²² Furthermore, in a human based intervention study completed by Saito et al., it was found that adding zinc rich food into the diets of healthy individuals improved both sleep onset latency as well as sleep efficiency.²³

Vitamin B6*

Vitamin B6 is required for the synthesis of multiple neurotransmitters within the brain.²⁴ Two specific neurotransmitters of note relying on the presence of vitamin B6, are serotonin and GABA. As it relates to sleep, serotonin is a precursor to melatonin whereas GABA is the main inhibitory neurotransmitter in the central nervous system.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B6 (as Pyridoxal-5-Phosphate)	6mg	353%
Magnesium (as Albion™ Di-Magnesium Malate)	100mg	24%
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	5.5mg	50%
L-Theanine	200mg	*
Melatonin	3mg	*

* Daily Value (DV) Not Established

Other Ingredients: Vegetable Capsule (HPMC), Rice Flour

*Manufactured for: Hometown Evolve Wellness
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