SleepDrops MAX

PRODUCT TECHNICAL EDUCATION SHEET

SleepDrops MAX is a therapeutic blend of herbal medicines, homeopathic and flower essences synergistically combined to support sleep challenges and night time worrying.

INDICATIONS

- Insomnia
- Nightmares
- Stress
- Anxiety
- Mind chatter
- Overtired
- Overwhelmed
- Jet lag
- Shift work
- Waking feeling unrefreshed
- Pain or discomfort affecting sleep
- Liver or digestive stress affecting sleep
- Paediatric dyssomnia and restlessness

INGREDIENTS

Ingredient	Amount per 1ml serving
Passiflora incarnata	900mg
Herbal proprietary blend (*Humulus lupulus, Matricaria recutita, Melissa officinalis, Scutellaria lateriflora, Valeriana officinalis)*	1200mg
Homeopathic proprietary blend (Chamomilla, Coffea cruda, Gentiana lutea, Hypericum, Kali phos, Mag phos, Melatonin, Nux Vomica, Passiflora, Pulsatilla, Vitamin C)	
Other ingredients First Light Flower Essences of New Zealand, Purified water, Organic coconut glycerine and Ethanol	

COMPANION PRODUCTS

SleepDrops Practitioner Only Products: MgUlti and Liquid Magnesium
SleepDrops Premium Range: Daytime Revive and Essential Sleep and Stress Nutrients.

FEATURES & BENEFITS

Feature	Benefit
Easy to take	Dose can be individualised to people's sensitivity
Great tasting	Easy to recommend and easy for people to take
Key herbs and remedies to assist sleep	Effective product
Support for nightmares and restless sleep	Promotes more refreshing sleep
Supports the body in times of discomfort	Help prevent pain related issues affecting sleep
Comprehensive formula to support sleeping patterns	Helps those who travel or do shift work
Easy to keep by the bed and use if wake up in the night	Just pop drops under the tongue
Ingredients for cravings for coffee and stimulants	Help the body wean off stimulants to aid sleep

DOSAGE INSTRUCTIONS

For best results, use for a minimum of one month or as directed by a healthcare professional.

Adults
Take 1-2ml before bed (20-40 drops) either under tongue or premixed in 30ml water. Repeat as necessary.

Repeat 1-2ml if waking during the night.

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HERBAL RESEARCH

PASSIONFLOWER (PASSIFLORA INCARNATA)

Traditional use:

- Restlessness, wakefulness, nervous irritability, especially when resulting from exhaustion or prolonged illness[i]
- Hysteria, nervous tachycardia[ii]
- Insomnia in infants and older adults or resulting from mental worry or overwork [iii] [iv]
- Spasmodic conditions, including tetanus, chorea, and whooping cough, generalized seizures, epilepsy, spasmodic asthma, oppressed breathing [v] [vi]
- Neuralgic pain (including facial, rectal and cardiac pain) [vii] [viii]
- Nervous symptoms resulting from menstrual disturbances, spasmodic dysmenorrhoea[ix]
- Traditional use in brazil for treating insomnia [x]

Pharmacological/clinical use:

- A 2001 clinical 14-day trial, passionflower was found to as efficacious as oxazepam (a benzodiazepine) for managing generalised anxiety disorder. Authors also highlighted that passionflower resulted in a lower incidence of impairment of job performance. Dosage was recommended at 45 drops [xi]
- Single-dose of passionflower extract (7g dose dried herb) demonstrated a sedative effect when compared to baseline values in healthy female volunteers as assessed by a self-rating scale for alertness [xii]
- Helps to reduce anxiety and has been found to be as effective as an anti-anxiety medication without the side effects for reducing anxiety. Its sedative actions also helps induce sleep and reduce pain and headaches.
- Some animal studies have shown a sleep-enhancing effect of passionflower either alone or in combination with chamomile or kava [xiii]
- A double-blind placebo trial assessed the efficacy of passionflower herbal tea on sleep in 41 participants. Authors showed significant improvement to sleep quality compared to placebo [xiv]

CHAMOMILE (MATRICARIA RECUTITA)

Traditional use:

- Flatulent or nervous dyspepsia, travel sickness, nervous diarrhoea, nervous disorders of the GIT, bowel flatulent colic with distention [i] [ii]
- Restlessness, nervous irritability in children, teething problems, rheumatic and neuralgic pain [iii][iv]
- Dysmenorrhoea and amenorrhoea[v][vi]

Pharmacological/clinical use:

- Chamomile tea induced deep sleep in 10 out of 12 people during cardiac catheterization despite pain and anxiety experienced during medical procedure[vii]
- The sedative actions help reduce anxiety and induce sleep as well as reduce gastrointestinal symptoms such as irritable bowel syndrome, flatulence and bloating.[viii] [ix]
- A 2017 study on mice found anxiolytic effect comparable to that of diazepam [x]
- A 2005 study investigated the hypnotic activities of chamomile and passionflower extracts using sleep disturbed model rates. Authors concluded that chamomile extract is a herb having benzodiazepine-like hypnotic activity[xi]
- An investigation of chamomile on sleep quality in elderly people found that chamomile extract has sedative properties and therefore the authors recommended use for similar cases of hospitalised elderly patients in nursing homes[xii]

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HERBAL RESEARCH

LEMON BALM (MELISSA OFFICINALIS)

Traditional use:

- Flatulent dyspepsia[i]
- Depression, nervous breakdown[ii]
- Painful menstruation[iii]
- Common cold and influenza[iv]

Pharmacological/clinical use:

- A 2006 study investigated the efficacy and tolerability of a combined valerian and lemon balm preparation in 918 children aged 12 years or younger who were suffering from restlessness and nervous dyssomnia. Finding that 80.9% of patients saw an improvement in dyssomnia and 70.4% of patients had clear improvement in restlessness[v]
- In 2016 research highlighted the significant use of Melissa officinalis in reducing anxiety, depression and improved sleep quality for burn patients [vi]
- Extracts of M. officinalis have effective anxiolytic activity in reducing stress and physiological disturbances due to its direct interaction with the CNS and the cholinergic and GABAergic systems[vii]
- Results of 2004 study of lemon balm on laboratory-induced stress in humans ameliorated the negative mood effects of the DISS (defined intensity stressor stimulation), with significantly increased self-ratings of calmness and reduced self-ratings of alertness[viii]
- Help reduce anxiety and stress-related sleeping problems. Soothes the digestion and helps lift the mood.

VALERIAN (VALARIANA OFFICINALIS)

Traditional use:

- Insomnia, hysterical states, excitability, hypochondria, nervousness, migraine, nervous headache, depressive states, reduced cerebral circulation[i]
- Cramps, intestinal colic, dysmenorrhoea, rheumatic pains, chorea, mild spasmodic movements, epilepsy [ii]

Pharmacological/clinical use:

- A 2017 study found that Valeriana officinalis and Melissa officinalis extracts normalize brain Levels of GABA and glutamate altered by chronic stress [iii]
- Valerian root and lemon balm extracts we assessed in primary school children, finding that these herbs are beneficial for children who experience hyperactivity, concentration difficulties and impulsiveness [iv]
- Dried aqueous ethanol extracts of valerian and lemon balm we given to ambulatory patients with light insomnia. Results after 3 weeks saw improvements to sleep quality, daily condition, time to fall asleep, totally duration of sleep, concentration and ability to perform occurred with no hangover [v]
- A Swiss study found that freeze dried aqueous valerian extract improved sleep latency and sleep quality without increasing sleepiness the next morning, compared to placebo [vi]

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INGREDIENT RESEARCH

HOPS (HUMULUS LUPULUS)

Traditional use:

- Insomnia, excitability[i]
- Headache, neuralgia, delirium tremens[ii]

Pharmacological/clinical use:

- Hops extract at a concentration of 250 mgkg−1 significantly lowered body temperature 2 h after oral administration. The effects of the extract were comparable with melatonin, although the onset of action was earlier for the latter one (60 min after i.p. administration). The hypothermic effects of hops extract (250 mgkg−1, p.o.) and melatonin (50 mgkg−1, i.p.) were antagonized with the competitive melatonin antagonist luzindole, which was used at a concentration of 30 mgkg−1 (i.p. administration 15 min before drug treatment.[1]
- One randomized, double-blind, controlled clinical trial in a parallel group design assessed quality of life parameters of patients with exogenous sleep disorders, such as temporary sleep onset and sleep interruption, treated with a hops valerian preparation or a benzodiazepine drug. This trial demonstrated equivalent efficacy and tolerability according to DSM-IV criteria. The equivalence of both therapies according to sleep quality, fitness, and quality of life was demonstrated. The patients' state of health improved during therapy and then deteriorated after cessation with both preparations. The authors concluded that the investigated hop-valerian preparation in the appropriate dose is a sensible alternative to benzodiazepine for the treatment of non-chronic and non-psychiatric sleep disorders[2]
- The experiment was conducted with healthy female nurses (n = 17) working rotating and/or night shifts. Overnight sleep and chronobiological parameters were assessed by actigraphy (ActiwatchH) after moderate ingestion of non-alcoholic beer containing hops (333 ml with 0,0% alcohol) with supper for 14 days (treatment). Data were obtained in comparison with her own control group without consumption of beer during supper. Actigraphy results demonstrated improvement of night sleep quality as regards the most important parameters: Sleep Latency diminished (p#0.05) in the Treatment group (12.0161.19 min) when compared to the Control group (20.5064.21 min), as also did Total Activity (p#0.05; Treatment group = 5284.786836.99 activity pulses vs Control = 7258.786898.89 activity pulses). In addition, anxiety, as indexed by the State-Trait Anxiety Inventory (STAI), decreased in the Treatment group (State Anxiety 18.0963.8 vs Control 20.6962.14)[3].
- A randomized (1:1), placebo-controlled, double-blind, crossover design with two 4-week intervention periods (Melcalin hops or placebo; two 0.2 gr capsules once daily) separated by a 2-week wash-out. Anthropometric measurements, DASS-21 assessments and measurements of morning cortisol plasma levels were performed at the beginning and the end of the 4-week treatment periods. 36 participants (Females/Males: 31/5; age: 24.7±0.5 years) completed the study intervention (attrition: 6/42). No significant changes in body weight and composition or morning circulating cortisol were noted with the hops or placebo. Significantly decreased DASS-21 anxiety, depression and stress scores were documented with hops (9.2±7.3 vs. 5.1±5.9, 11.9±7.9 vs. 9.2±7.4, and 19.1±8.1 vs. 11.6±8.1; all p values <0.05), which were significantly greater compared to those caused by the placebo (all p values <0.05)[4].

SKULLCAP (SCUTELLARIA LATERIFLORA)

Traditional use:

- Calminative to the nervous system and nervous excitability [i]
- Restlessness, wakefulness and disorders arising from physical or mental overwork[ii]
- Anxiety [iii]
- Physical or mental tiredness[iv]
- Headache and depression[v]
- Epilepsy, neuralgia, tremor [vi]

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Pharmacological/clinical use:

- Skullcap flavonoids to bind to the benzodiazepine site of the GABA receptor suggests an anxiolytic effect for S. lateriflora
- A 2003 study showed that the aerial parts and a number of flavonoids have a high affinity for the serotonin (5-HT7). It is well known that 5-HT7 antagonists and inverse agonists are beneficial in the treatment of sleeping disorders, anxiety, panic, stress-related disorders, phobias, premenstrual disorders[i]
- A survey of herbal medicine practitioners in the UK and Ireland indicated S. lateriflora is considered to be an effective intervention for insomnia, anxiety and stress [ii]

CAUTIONS & CONTRAINDICATIONS

Drug, nutrient, diet or dietary interactions [i]
The main ingredient in SleepDrops MAX is passionflower. This is a safe herb to be used with many medications, however, please be aware that as this is a herbal supplement we advise people to take 2 hours away from medications.

Sedatives (drugs that cause sleepiness) [i]
Because of its calming effect, passionflower may increase the effects of sedative medications. These can include:

- Anticonvulsants such as phenytoin (Dilantin)
- Barbiturates
- Benzodiazepines such as alprazolam (Xanax) and diazepam (Valium)
- Drugs for insomnia, such as zolpidem (Ambien), zaleplon (Sonata), eszopiclone (Lunesta), ramelteon (Rozerem)
- Tricyclic antidepressants, such as amitriptyline (Elavil), amoxapine, doxepin (Sinequan), and nortriptyline (Pamelor)

Antiplatelets and anticoagulants (blood thinners) [ii]
Passionflower may increase the amount of time blood needs to clot, so it could make the effects of blood-thinning medications stronger and increase your risk of bleeding. Blood-thinning drugs include:

- Clopidogrel (Plavix)
- Warfarin (Coumadin)

Monoamine oxidase inhibitors (MAO inhibitors or MAOIs) [iii]
MAO inhibitors are an older class of antidepressants that are not often prescribed now. Theoretically, passionflower might increase the effects of MAO inhibitors, as well as their side effects, which can be dangerous. These drugs include:

- Isocarboxazid (Marplan)
- Phenelzine (Nardil)
- Tranylcypromine (Parnate)

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HOMEOPATHIC RESEARCH

Remedy	Research
Chamomilla (chamomile)	Indications include; feeling sleepy but unable to get to sleep, drowsiness in the morning, anxious dreams which can cause waking and anger, moaning or crying during sleep, coughing during sleep, hot feet at night and the need to stick them out of bed, symptoms worse from 9 pm. Other indications include night sweats, over sensitiveness from abuse of coffee and drugs, frightening dreams with half-opened eyes.
Coffea crud (unroasted coffee)	Indications include; wakeful, restless and dozing after 3 am, wake with a start, and sleep disturbed by dreams. Sleepless due to mental activity and a flow of ideas with excitability.
Gentian lutea (gentian)	Tonic for the digestive system if digestion is affecting sleep.
Hypericum (St John's wort)	This is a remedy for conditions affecting the central nervous system and for nerve pain, shock, concussion, back pain which travels up and down the spine.
Kali phos (potassium phosphate)	Indications include weakness and fatigue, mental and physical depression, anxiety, overexcitement, overwork, worry, sleep walking and nightmares.
Mag Phos (magnesium phosphate)	The great anti-spasmodic remedy. Cramping of muscles with radiating pains. Neuralgic pains. Especially suited too tired, languid, exhausted subjects. Indisposition for mental exertion.
Melatonin	Supports the body's natural production of melatonin to encourage healthy sleeping patterns.
Nux vomica (poison nut tree)	Indications include; irritability, insomnia especially from overwork or abuse of alcohol, tobacco or drugs. Has trouble sleeping past 3 am, wakes up feeling wretched, drowsy after meals and in the early evening, dreams full of hustle and hurry.
Passiflora (passion flower)	Indications include; feeling restless and wakeful especially from exhaustion, worry and overwork. Night-time cough.
Pulsatilla (pasque flower)	Indications include; sleep with the arms over the head, sleep disturbed by rich food or the room being overheated but sleep better for moderate exercise before bed. Other indications include; being wide awake in the evening and restless in the early part of the night, wakes feeling drowsy and unrefreshed and is sleepy in the afternoon.
Vitamin C	Encourages the body to utilise vitamin C for adrenal health, stress protection and wellbeing.

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FLOWER ESSENCE ACTIONS

First Light Flower Essences of New Zealand
9 Flower essences exclusively blended by Franchelle Ofsoske-Wyber to help transform negative emotional states affecting sleep into positive harmonious energetic patterns to help sleep and emotional resilience.

Remedy	Intended Action
Phormium (Native flax)	Offers a sense of inspiration, insight, spiritual steadiness, and orientation when dejected, jaded, or tired. For people who are experiencing restlessness, impatience, irritability, feel stressed by life or by difficult situations/ environment.
Coprosma (Karamu)	Helps one develop focus, control, direction, and self-confidence. Support to stay in the moment.
Rhabdothamnus solandri (Matata)	Supports for stress, extreme nervous tension, mental stress/ burnout or exhaustion. For people who are experiencing mental over-load, exaggerates, scattered, absent-minded; always worried and can't switch off mind.
Hebe stricta (Koromiko)	Beneficial to develop calm, clear perception, and personal equilibrium.
Lobelia anceps (Costal lobelia)	Of use to develop cool logic and support the development of fairness, balance, understanding, and equanimity.
Clematis vitalba (Clematis)	Provides white light protection, fostering a sense of order, emotional freedom, and uplift. For a person experiencing worry, anxiety, insecurity, inadequacy, depressive states.
Corokia cotoneaster (Golden corokia)	Useful when needed time out, inner grace, and pause to consider a new perspective.
Paesia scaberula (lace fern)	For restoring and maintain the auric pattern and energetic integrity.
Clianthus puniceus (Kaka beak)	Intended to offer a sense of closure, balance, centreing, and settling in the instance of travel sickness or jet lag. Support for individuals who feel they have no energy left, tired, frustrated.

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