

Opti-Slumber*

Natural promotion of quality sleep

Our bodies require a good night's sleep for optimal performance during the day. We all go to bed with the hope of sleeping well, but on occasion our minds will not settle or we wake up throughout the night, and thus do not get the sleep we need.

Opti-Slumber* is a formulary blend of botanicals and nutrients designed to support quality sleep and promote calm brain activity. It is ideal for those who occasionally have difficulty getting to sleep, or staying asleep through the night.

Opti-Slumber* contains:

- A unique herbal blend of valerian root, passion flower, lemon balm, and German chamomile to provide relaxation without impairing memory, diminishing motor skills, or causing drowsiness upon awakening
- L-theanine, an amino acid that can help promote calmness and improve the quality of sleep
- Gamma aminobutyric acid (GABA), the main calming agent in the body. It assists with the ability to get to sleep, and stay asleep. This formula provides a novel form of GABA known as PharmaGABA™, a proprietary material naturally manufactured via a fermentation process and considered more effective than other traditional, chemically-produced synthetic forms.
- Melatonin, a multifunctional hormone whose main role is to help regulate sleep by controlling our day and night biological rhythms, known as the 'circadian rhythm' or our 24-hour biological clock
- 5-HTP supports further melatonin production during the night to help with staying asleep. 5-HTP is a precursor to serotonin - the body's mood and sleep regulator.
- Vitamin B6, an essential nutrient for the conversion of 5-HTP and melatonin to serotonin

Benefits of a Good Night's Sleep

- Supports a healthy immune system
- Supports proper cardiovascular function
- Supports clear mind and focus for better memory and learning
- Promotes proper growth hormones
- Promotes healthy metabolism
- Encourages proper reflexes, reactions and judgments

Recommended Use:

Take 2 capsules, 30 to 60 minutes prior to bedtime, or as directed by your health care practitioner.

Note: If using a prescription drug, consult your health care practitioner prior to using this product. Do not take this product if you are pregnant, lactating or planning to become pregnant, suffer from an autoimmune disease, depression, diabetes, or any endocrine disorders. Do not use this product while operating a motorized vehicle or heavy machinery.



Therapeutic Solutions

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT OPTIMUM THERAPEUTIC SOLUTIONS, PLEASE CALL US AT 972-893-6068, OR VISIT US ON THE WEB AT WWW.OPTIMUMHORMONEBALANCE.COM

Phosphatidyle Serine

Phosphatidylserine – the brain revitalizing nutrient

Phosphatidyle Serine features 150 mg of non-soy, sunflower-sourced phosphatidylserine (PS) per capsule. Phosphatidylserine is a nutrient that is essential for supporting the optimal functioning of our brains. There are no foods rich in phosphatidylserine; therefore, supplementation is the only way to support healthy levels of this valuable brain nutrient. Our bodies can make phosphatidylserine, but in far from ideal quantities; also, our natural production of Phosphatidyle Serine decreases as we age.

Phosphatidyle Serine helps support normal mental function

You form memories when a group of brain cells called neurons communicate with each other. Together, neurons create a memory of an event, such as where you left your keys, where you put the remote control, or where you parked the car. In order for memories to be formed and recalled, neurons must be able to talk to each other. Phosphatidyle Serine allows neurons to communicate more effectively; without it, such communication among neurons is difficult if not impossible.

As we age, most of us lose some of our memory function. Brain function is at its peak in our 20s, and then naturally declines throughout the rest of our lives. In our 40s we often begin to notice subtle changes in our brain function and memory. This decline may be caused by the depletion of nutrients that help maintain the integrity of the membrane of brain cells, which is the cell's protective outer layer. Phosphatidylserine works by rejuvenating and strengthening this membrane, which helps support brain function and improves the absent-mindedness that can result from the normal aging process.

Phosphatidyle Serine and hormone function

Cortisol, the "fight or flight" hormone, is released in high amounts in response to stressful situations, whether they are physical, mental or emotional. Phosphatidylserine promotes healthy hormone levels by helping to normalize cortisol levels when the body is under stress.

Phosphatidyle Serine also supports normal testosterone levels. During intense exercise (where cortisol levels can rise), the testosterone-to-cortisol ratio tends to fluctuate because high cortisol levels impair the production of testosterone. Thus, PS supplementation helps to promote a healthy hormonal balance for those undergoing rigorous exercise. It is important to note that not all levels of exercise increase cortisol levels, as mild to moderate exercise programs are touted for their stress-reducing effects.

How to Use

- As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.
- As with any brain-energizing nutrient, phosphatidylserine is best avoided near bedtime as it may prevent sleep.



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