Vitamin **BI**

(Thiamin) In clinical trials, supplementation of healthy individuals that had marginal BI deficiency improved their sleep.^{1,2,3}

Vitamin B3

(Niacin) Increases REM sleep; Improves both quality and quantity of sleep by converting tryptophan to serotonin.4,5

Folate & Vitamin B6

Both are cofactors for several neurotransmitters in the brain such as serotonin and dopamine, many of which regulate sleep patterns. 4,6,7,8,9

Normalizes circadian rhythms (sleep-wake cycles); Therapeutic benefits of BI2 supplementation, both oral and intravenous, seen in studies.^{10,11,12,13}

Vitamin A Studies suggest vitamin A deficiency alters brains waves in non-REM sleep causing sleep to be less restorative.^{24,25}

Oleic Acid This fatty

acid is a precursor of oleamide, which regulates our drive for sleep and tends to accumulate in the spinal fluid of sleep-deprived animals. Oleic acid also facilitates the absorption of vitamin A.^{21,22,23} INSOMNIA

Zinc & Copper

Both interact with NMDA (N-methyl-Daspartate) receptors in the brain that regulate sleep; A higher Zn/Cu ratio is linked to longer sleep duration.^{15,19,20}

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Magnesium Improving magnesium status is associated with better quality sleep; Mimics the action of melatonin; Also alleviates

insomnia due to restless leg syndrome.14,15,16,17,18

Vitamin BI2

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