

FarmaKeio Sleep

what you need to **KNOW!**

Sleep Formulation FAQ

*This patent-pending formula, has properties that may positively affect sleep cycles and moods**

The FarmaKeio Sleep Formulation contains the following ingredients:

- **Gamma-Aminobutyric Acid** - GABA works to offset the impact of excitatory neurotransmitters by blocking the nerve impulses which are triggered by these chemicals. Therefore, the primary role of GABA in the brain is to produce a calming effect, helping to counter-balance moments of extreme neuronal over-excitement.
- **Honokiol (magnolia seed extract)** – has a calming, relaxing effect along with therapeutic potential in anxiety, depression and stress. Helps to shut down mental chatter prior to sleep.
- **Valerian** – is used to induce sleep and to help reduce feelings of anxiety.
- **5HTP** – naturally-occurring amino acid that is a precursor to serotonin and is crucial for healthy sleep cycles. Serotonin is also linked to stress reduction and weight control.
- **Melatonin** – natural hormone that controls the sleep cycle and is a potent antioxidant.



FARMAKEIO
SUPERIOR Custom Compounding

**FarmaKeio
Sleep**

Patent Pending
Therapeutic Sleep Formula

What can Sleep Formula do for ME?

This compound targets sleep and mood improvement.

Some of the potential benefits may include*

- » Improved ability to fall asleep
- » Improved ability to stay asleep
- » Waking timely and refreshed
- » Reduced headaches
- » Increased ability to deal with stress
- » Reduced feelings of anxiety
- » Decreased depression
- » Enhanced calm feeling

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