

# Sleep Select Herbal™



## FOCUSED BOTANICAL BLEND TO SUPPORT CALM & SLEEP\*

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Valerian root extract ( <i>Valeriana officinalis</i> ) (0.8% valerenic acids)	300 mg	**
Skullcap aerial parts extract ( <i>Scutellaria lateriflora</i> ) (30% baicalin)	250 mg	**
Passion Flower aerial parts extract ( <i>Passiflora incarnata</i> ) (10% flavonoids)	200 mg	**
Jujube seed extract ( <i>Ziziphus jujuba</i> ) (2% total saponins)	200 mg	**
Affron® saffron stigma extract ( <i>Crocus sativa L.</i> ) (3.5% Lepticrosalides™)	14 mg	**

\*\*Daily Value not established.

**Other ingredients:** Hypromellose (capsule), vegetable stearate, silicon dioxide. **Does not contain gluten.**

**SUGGESTED USE:** 2 CAPSULES ONE HOUR BEFORE BED, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

Affron® is a registered trademark of Pharmactive Biotech Products, S.L.U.

- Helps promote relaxation, calm mood, and restful sleep.\*
- Offers gentle, non-habit forming support.\*
- Features clinically researched affron® saffron extract.\*
- Melatonin-free, 100% herbal formulation.

Proper sleep is an essential cornerstone of health, yet many people suffer from sleep disturbances which can profoundly impact their quality of life. Up to 45% of adults report regular difficulty either falling or staying asleep. While chronic sleep issues are complicated problems resulting from multiple factors—dietary deficiencies, digestive distress, impaired metabolic and endocrine function, etc.—stress, anxiety, and nervous tension are, in many cases, a major underlying cause.

Since at least the beginning of recorded history, herbal medicines have been used to help reduce stress, promote relaxation, and support restful sleep cycles. **Sleep Select Herbal™** is a clinician-designed formula intended to help gently calm the nervous system and support sound, refreshing sleep with a thoughtful, focused blend of five targeted botanicals. The superior quality natural ingredients in **Sleep Select Herbal™** have been studied for their ability to safely provide meaningful and noticeable benefits without becoming habit-forming or producing other unwanted side effects, such as morning grogginess, which may be associated with pharmaceutical treatments.

VALERIAN ROOT (*Valeriana officinalis*) is the lead herb in **Sleep Select Herbal™**. Known since ancient times for its sedative and anxiolytic properties, valerian root was referenced by the Greek physician Hippocrates, who extolled its therapeutic value, and by Galen, who recommended it as a sleep remedy. Valerian has been suggested in numerous clinical studies to improve sleep quality and support alertness upon waking. In a 2024 randomized, double blind, placebo controlled study of eighty adults with sleep complaints, those taking valerian extract showed significant improvements in sleep latency (the time it takes to fall asleep) and actual sleep time at night, less anxiety and drowsiness during the day, and enhanced levels of feeling refreshed upon waking, with no adverse events reported. Valerian contains numerous bioactive compounds, notably valerenic acid, and has been shown to enhance the activity of gamma-aminobutyric acid (GABA), the primary inhibitory neurotransmitter in humans. GABA plays a crucial role in regulating stress, anxiety, and sleep by counteracting excitatory signals in the brain.

SKULLCAP (*Scutellaria lateriflora*) is a perennial flowering herb in the mint family. Native to North America, it is considered by modern Western herbalists as both a first class nervine (nervous system tonifier) and a mild sedative. Frequently used to treat

(continued on reverse side)

\* 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.



insomnia, nervous complaints, and digestive disorders, skullcap contains bioactive compounds with an affinity for serotonin receptors in the brain. Serotonin, the “calming neurotransmitter”, is a common target for interventions geared towards balancing mood states. A randomized, double blind, placebo controlled trial of forty-three healthy but persistently stressed adults found that compared to placebo, skullcap significantly enhanced global mood without impairing energy or cognition. Commonly reported benefits of skullcap include calmer affect, improved sleep, and enhanced ability to cope in stressful situations.

PASSION FLOWER (*Passiflora incarnata* L.) is a fast-growing, climbing vine native to neotropical regions of the Americas. Well recognized for its anxiolytic and sedative properties, passion flower has long been used in both indigenous and Western herbal medicine traditions for helping to treat an overactive nervous system, and to promote restful sleep. Bioactive flavonoids in the aerial parts of the herb include vitexin, isovitexin, apigenin, chrysin, and kaempferol. Research suggests that passion flower may help to calm the nervous system by interacting beneficially with GABA receptors in the brain. Placebo-controlled trials have shown passion flower to be effective at helping to calm nerves in a number of highly specific, anxiety-producing situations, such as periodontal treatments, dental extraction, and outpatient surgery.

JUJUBE SEED (*Ziziphus jujuba*) comes from the date-like fruits of a spiny shrub in the buckthorn family. Well known in traditional Chinese medicine as a remedy for sleeplessness, irritability, and heart palpitations, jujube seeds contain saponins known as *jujubosides*, along with terpenoids, flavonoids, and many other bioactive compounds. In a placebo-controlled feasibility trial, subjects taking jujube showed promising improvements in total sleep time, sleep efficiency, and sleep onset latency compared to placebo, with no serious adverse effects reported.

SAFFRON (*Crocus sativa*) is a bright orange spice and herbal medicine derived from the stigma of purple crocus sativa flowers. Saffron has been studied to help promote healthy mood and enhance sleep, but early findings were difficult to reproduce due to lack of standardization. For this reason, **Sleep Select Herbal™** contains affron®, a superior quality standardized saffron extract, in the clinically researched, sleep-supportive dose of 14 mg. Affron® is standardized to contain a minimum of 3.5% lepticrosalides, a complex of bioactive compounds researched to safely improve mood in people with occasional stress and sleeplessness.

## REFERENCES

1. Shekhar HC, Joshua L, et al. Standardized Extract of Valeriana officinalis Improves Overall Sleep Quality in Human Subjects with Sleep Complaints: A Randomized, Double-Blind, Placebo-Controlled, Clinical Study. *Adv Ther.* 2024 Jan;41(1):246-261.
2. Fernández-San-Martín MI, et al. Effectiveness of Valerian on insomnia: a meta-analysis of randomized placebo-controlled trials. *Sleep Med.* 2010 Jun;11(6):505-11.
3. Brock C, Whitehouse J, et al. American Skullcap (*Scutellaria lateriflora*): A Randomised, Double-Blind Placebo-Controlled Crossover Study of its Effects on Mood in Healthy Volunteers. *Phytother. Res.* 2014 28: 692–698
4. Miroddi M, Calapai G, et al. *Passiflora incarnata* L.: ethnopharmacology, clinical application, safety and evaluation of clinical trials. *J Ethnopharmacol.* 2013 Dec 12;150(3):791-804.
5. Movafegh A, Alizadeh R, et al. Preoperative oral *Passiflora incarnata* reduces anxiety in ambulatory surgery patients: a double-blind, placebo-controlled study. *Anesth Analg.* 2008 Jun;106(6):1728-32.
6. He S-R, Zhao C-B, et al. Botanical and Traditional Uses and Phytochemical, Pharmacological, Pharmacokinetic, and Toxicological Characteristics of *Ziziphi Spinosae Semen*: A Review. *Evid Based Complement Alternat Med.* 2020 Jul 10:2020:5861821.
7. Shergis JL, Hyde A, et al. Medicinal seeds *Ziziphus spinosa* for insomnia: A randomized, placebo-controlled, cross-over, feasibility clinical trial. *Complement Ther Med.* 2021 Mar;57:102657.
8. Lopresti AL, Smith SJ, et al. An investigation into an evening intake of a saffron extract (affron®) on sleep quality, cortisol, and melatonin concentrations in adults with poor sleep: a randomised, double-blind, placebo-controlled, multi-dose study. *Sleep Med.* 2021 Oct;86:7-18.

\* 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.

V.030325