NightTime Formula
PROMOTES A RESTFUL NIGHT’S SLEEP*

Positioning Statement
NightTime Formula is an exclusive preparation of high quality standardized extracts that include melatonin, valerian, passion flower, and L-theanine to promote normal sleep cycles.*

Concept
Appropriate sleep quality and duration are essential to normal health. Studies show that individuals who do not get enough sleep have compromised immune, digestive, and cognitive function. Moreover, individuals who are constantly tired or feeling run-down have a higher stress level, which has been associated with numerous potential health concerns.

NightTime Formula contains a proprietary blend of natural herbs and ingredients to promote normal sleep cycles. Melatonin is a hormone that is naturally produced and secreted by the pineal gland of the brain. The body’s biological clock—the internal mechanism that maintains the circadian rhythm (our daily sleep/wake cycle)—is controlled by the pineal gland. In addition, NightTime Formula contains passion flower extract, L-theanine, and chamomile, all of which have been shown to promote relaxation and reduce anxiety and stress.*

Primary Benefits
• Contains L-theanine, an amino acid found naturally in green tea leaves and is known to enhance the production of alpha brain waves, indicative of a calm and relaxed mind*
• Provides support without making you feel tired or rundown in the morning*
• Contains melatonin, a natural hormone secreted in the pineal gland of the brain, to maintain normal sleep/wake cycles*

What Makes This Product Unique?
• Formulated in optimum potency for safety and effectiveness to address temporary inability to fall asleep*
• Features a unique formula free of chemicals and drugs
• Natural alternative providing dietary support for a normal, restful night’s sleep*
• Contains Pharmanex’s proprietary L-theanine extract from green tea leaves—TheaPure™

Who Should Use This Product?
Cartilage Formula is formulated for adults who want additional nutritional support for cartilage to promote normal cartilage health.

Did You Know?
• Approximately 40% of people in the U.S. have difficulty sleeping
• REM stands for Rapid Eye Movement, a characteristic of one of the five sleep stages
• Human sleep has five recurring stages: four non-REM stages and one REM stage
• Non-REM sleep (NREM) is comprised of stages 1 to 4 and lasts from 90 to 120 minutes
• As sleep progresses from stage 1 to stage 4, brain waves become slower and slower
• Normal sleep cycles have this pattern: waking, stage 1, 2, 3, 4, 3, 2, REM
• The percentage of REM sleep is highest during infancy and early childhood, drops off during adolescence and young adulthood, and decreases further in older age

Frequently Asked Questions
Can I take NightTime Formula on a daily basis for a prolonged period of time?
NightTime Formula should be used on an “as needed” basis.

Are there any drugs or depressants in NightTime Formula?
No. The primary ingredients are naturally-derived botanicals from various food sources.

*This statement has not been evaluated by the Health Canada. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Cartilage Formula

What is melatonin?
Melatonin is a hormone produced by the pineal gland and assists in the normal function of sleep/wake cycles.*

How is NightTime Formula standardized?
Valerian is standardized to 0.8% valerenic acid, and passion flower is standardized to a minimum of 3.5% flavonoids. Each NightTime Formula capsule is guaranteed to contain 25 mg of L-theanine from a 70:1 green tea extract ratio.

Is NightTime Formula safe?
NightTime Formula is safe at the recommended adult dosage. It is not for prolonged use and should only be taken on an as-needed basis. Children should not take this product. Pregnant or lactating women and people with known medical conditions should consult with a physician prior to taking supplements. This product is not recommended for use when driving or operating machinery.

Key Scientific Studies

Directions for Use
As a dietary supplement, take three (3) capsules with eight (8) ounces of liquid with your morning and evening meals. Use for a minimum of 4 weeks to see beneficial effects.

Warnings
Keep out of reach of children. If you are pregnant or lactating, taking antiplatelet medication or blood thinners, have gaustones or a bile duct obstruction, stomach ulcers, excess stomach acid, or taking a prescription medication, consult a physician prior to use or if symptoms persist or worsen.

Other Ingredients: Gelatin, Microcrystalline, Cellulose, Magnesium Stearate, Silicon Dioxide.

Directions for Use
Take two (2) capsules with eight (8) ounces of liquid 30 minutes before bedtime for the relief of occasional sleeplessness.*

Warnings
Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician prior to use. This product is not recommended for use when driving or operating machinery.

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