

NEW ROOTS

NATURAL HEALTH PRODUCTS
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HERBAL

SLEEP

SLEEP MORE
SLEEP BETTER
SLEEP EIGHT

RELAX

A NATURAL WAY TO
CONQUER STRESS
AND ANXIETY



INSOMNIA

SLEEP⁸

8 ingredients, 8 hours of **DEEP AND REFRESHING SLEEP.**

MEDICINAL PLANTS

Exclusive formula of 6 selected plants with proven **ANXIOLYTIC, SEDATIVE AND/OR SLEEP-INDUCING ACTION** ⁽¹⁾.

- ▶ *Passiflora incarnata* (4% flavonoids) 35mg
- ▶ *Humulus lupulus* (3,5% flavonoids)
- ▶ Chamomile (*Matricaria chamomilla*) (5% flavonoids)
- ▶ *Scutellaria lateriflora* (12,5% flavonoids)
GABA - relaxation and rest ⁽²⁾
- ▶ *Panax notoginseng* (SAN QI)
Neuroregenerative for the cerebral cortex: it increases the brain's resistance to the stress that contributes to anxiety and insomnia ⁽³⁾.
- ▶ *Nepeta cataria*
Nepetolactones - sedative activity ⁽⁴⁾

MELATONIN

0,5
mg/caps.

A natural hormone produced by the pineal gland which participates in the regulation of the **CIRCADIAN RHYTHM (SLEEP-WAKEFULNESS)** ⁽⁵⁾.

Positive effects in: ^(6,7)

- ▶ Insomnia.
- ▶ Jet lag.
- ▶ Seasonal affective disorder.
- ▶ Sleep alteration in shift workers.
- ▶ Sleeping problems due to ADHD.

MAGNESIUM

20
mg/caps.

The **ANTISTRESS** mineral that acts on the neurological system, **FAVOURING SLEEP AND RELAXATION** ⁽⁸⁾.



Nutritional information

1 capsule

Passionflower extract (4% flavonoids)	35 mg
Hops strobile extract (3,5% flavonoids)	35 mg
Skullcap root extract (12,5% flavonoids)	35 mg
Chamomile flower extract (5% flavonoids)	35 mg
Panax notoginseng leaf extract	25 mg
Catnip herb top	15 mg
Melatonin	0,5 mg
Magnesium (magnesium bisglycinate)	20 mg (5%*)

*NRV: Nutrient Reference Value in %

Dose: 1-3 capsules daily before bedtime.

Format: 90 capsules

Helpful in the following situations:

- » Difficulty falling asleep (jet-lag, shift work, ADHD, seasonal changes...).
- » Primary insomnia.

STRESS AND ANXIETY

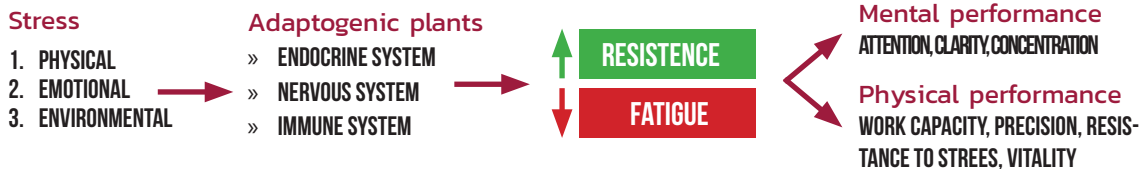
ZEN PLUS 24 ingredients to combat **STRESS, ANXIETY AND FEELING RUN-DOWN.**

8 PLANTS

ADAPTOGENIC PLANTS ⁽⁹⁾

A combination of **8 PLANTS** with adaptogenic properties that increase **PHYSICAL AND MENTAL RESISTANCE TO STRESS.**

- » Oat
- » Red Jujube
- » Holy basil
- » Astragalus
- » Magnolia
- » Passionflower
- » Phellodendron
- » Ashwagandha root



L-THEANINE ⁽¹⁰⁾

100
mg/caps.

- ▶ An amino acid found almost exclusively in green tea that **INCREASES GABA, DOPAMINE AND SEROTONIN**, with anti-stress results.
- ▶ It induces alpha brain waves, creating a **STATE OF RELAXATION** ⁽¹⁰⁾.

D-RIBOSE ⁽¹¹⁾

25
mg/caps.

- ▶ It's fundamental for the continuous production of ATP and helps with energy production at the cellular level.
- ▶ Improves muscle recovery time and **INCREASES RESISTANCE** ⁽¹¹⁾.

B COMPLEX ^(12,13,14)

- ▶ Essential for the myelin sheath: they reduce **STRESS, INSOMNIA, ANXIETY** and **IRRITABILITY.**
- ▶ They improve the symptoms of depression by raising serotonin levels.

Nutritional information 1 capsule

Ashwagandha (8:1, 2,5% withanolides)	125 mg
L-Theanine	100 mg
Holy basil (10% ursolic acids)	50 mg
Oat (10:1)	50 mg
Passionflower (4% flavonoids)	50 mg
Astragalus (3% astragalosides)	25 mg
Phellodendron (0,1% berberine)	15 mg
Red jujube	12,5 mg
Magnolia (75:1, 80% magnolol+honokiol)	7,5 mg
D-Ribose	25 mg
Thiamin (vit. B ₁)	22,3 mg
(from 25 mg thiamin hcl)	(2 027%*)
Riboflavin (vit. B ₂) (from 25 mg riboflavin + 2,5 mg riboflavin-5'-phosphate sodium)	26,9 mg (1 921%*)
Niacin (vit. B ₃) (from 7,5 mg nicotinamide + 17,5 mg inositol hexanicotinate)	23,4 mg NE (146%*)
D-Pantothenic acid (vit. B ₅)	22,9 mg
(from 25 mg D-pantothenate calcium)	(382%*)
Vitamin B ₆ (from 25 mg pyridoxine hcl + 2,5 mg pyridoxal-5'-phosphate)	22,3 mg (1 593%*)
Folate (calcium-L-methylfolate)	500 µg (250%*)
Vitamin B ₁₂ (methylcobalamin)	75 µg (3 000%*)
Biotin	37,5 µg (75%*)
Choline (bitartrate)	25 mg
Inositol	25 mg
PABA (para-Aminobenzoic acid)	25 mg

*NRV Nutrient Reference Value in %



Dose: 1-2 capsules daily.
Format: 30 + 60 capsules

Helpful in the following situations:

- » Moments of high physical and/or mental performance.
- » Periods of feeling run-down, and mental fatigue (it improves concentration, mental ability, critical capacity...).
- » Stress-associated disorders like anxiety, nervousness, irritability and secondary insomnia (it improves mood, induces relaxation and calmness, improves sleep quality...).

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What Makes New Roots Herbal Unique?

- » At New Roots Herbal our complexes are formulated by naturopathic doctors, scientists and herbalists to address imbalances in a wide-range of chronic and acute health conditions.
- » We are committed to providing pure and high-quality nutrients and powerful botanical herbs that work synergistically to support the body.
- » The products are tested for potency and purity (including all contaminants, such as heavy metals and PCBs) through the production process to the final product. This we guarantee you!
- » Our aim is to support and educate practitioners on the powerful synergetic properties of herbs and nutraceutical blends. Our Nutritional Therapist and online resources offer on-hand advice and guidance so you can provide the best programmes and service to your clients.

