

Ashwagandha Sleep Complex

Progressive's Ashwagandha Sleep Complex is a non-habit-forming blend of natural, sleep promoting herbs to promote relaxation and support a better night's rest without the use of melatonin. Featuring Shoden® Ashwagandha which has been clinically studied and shown to help improve sleep quality.

Overview

Ashwagandha¹ – An adaptogenic herb whose leaf and root are used in herbal medicine. Shoden® Ashwagandha is an innovative, clinically proven, potent extract from the leaves and roots of the Ashwagandha plant containing 35% Withanolide glycosides.

- Studies on Shoden® Ashwagandha use over 6-week period on people with non-restorative sleep condition showed 72% increase in self reported sleep quality in treatment group.²

Lemon balm³ - A perennial, lemon-scented herb native to southern Europe, Asia Minor, and North Africa. Lemon balm has been used in herbal medicine as a sedative.

Passionflower⁴ - A perennial, climbing vine which grows flowers and fruit. It is traditionally used as a sedative in herbal medicine.

L-Theanine⁵ - A non-protein amino acid commonly found and derived from green tea that helps to promote relaxation.

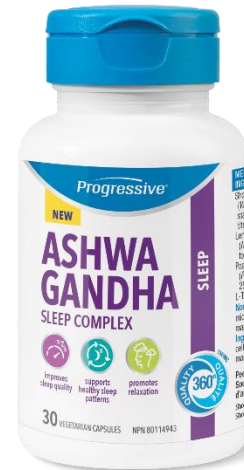
Demand for Sleep Support⁶

Short sleep duration and poor sleep quality are prevalent among Canadians, with about one-third getting fewer hours of sleep per night than recommended for optimal health (7-9 hours). Almost half of Canadians don't find their sleep refreshing and are getting less sleep than they were in 2005.

Stress and poor mental health are also contributing to poor sleep quality and overall sleep issues.

Target Market

- Individuals looking for sleep support
- Individuals needing relaxation support
- Shift workers
- Individuals who travel or are jet-lagged



Product label and specifications:

Shoden® Ashwagandha Extract.....	120 mg
(<i>Withania somnifera</i> , Root & Leaf), 35% Withanolide glycosides	
Lemon Balm Extract 5:1.....	25 mg
(<i>Melissa officinalis</i> , Herb top), equivalent to 125 mg of dry herb	
Passionflower Extract 10:1.....	25 mg
(<i>Passiflora incarnata</i> , Herb top) equivalent to 250 mg of dry herb	
L-Theanine.....	200 mg

Direction for Use: Adults take 1 capsule at or before bedtime. Consult a healthcare practitioner for use beyond 2 months.

Health Canada Claims:

- Helps improve quality of sleep and non-restorative sleep
- Helps support healthy sleep patterns
- Helps improve quality of sleep as measured by total sleep time and total bedtime
- Helps relieve stress to support quality sleep
- Helps to temporarily promote relaxation

Other Benefits & Features

- Clinically proven ingredients
- Therapeutic dose of L-theanine
- Vegetarian, Gluten free

Cautions and Warnings:

Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Stop use if hypersensitivity/allergy occurs. Consult a health care practitioner if symptoms persist or worsen including sleeplessness for more than 4 weeks (chronic insomnia). Some people may experience drowsiness, avoid taking with alcohol or products that cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.

References

1. Nutriscience. Shoden Ashwagandha. Accessed Dec 1, 2022 at: <https://nutriscienceusa.com/product/shoden/>
2. Deshpande A, Ivan N, Bakstman R, Berry RP. A randomized, double-blind, placebo-controlled study to evaluate the effects of ashwagandha (*Withania somnifera*) extract on sleep quality in healthy adults. *Sleep Medicine*. <https://doi.org/10.1016/j.sm.2020.03.012>.
3. Natural medicines. Lemonbalm. Accessed Dec 1, 2022 at: <https://naturalmedicines-therapeuticresearch.com/databases/food-herbs-supplements/professional.aspx?productid=437>.
4. Natural medicines. Passion Flower. Accessed Dec 1, 2022 at: <https://naturalmedicines-therapeuticresearch.com/databases/food-herbs-supplements/professional.aspx?productid=437>.
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