

beauty sleep



GENETISKIN

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Clinical Applications

- Occasional Sleeplessness Due To Stress and/or Anxiety
- Normalizing Nighttime Stress Hormone Levels
- Muscle Relaxation
- Weight Management^[1]

*Beauty sleep is a non-addictive, all-natural blend of a patented extract from *Magnolia officinalis* (U.S. Patent No.: 6,814,987) and a proprietary extract of *Ziziphus spinosa*. The ingredients relax tense muscles and calm an overactive central nervous system by normalizing nighttime stress hormone levels.*

All Genetiskin Products Meet or Exceed cGMP Standards

Discussion

Two open studies with beauty sleep have been completed by an independent research firm in NY.^[2] In the first study, the 23 subjects who took the supplement as directed (at least seven capsules during the two-week period) reported the following results:

- 83% said beauty sleep helps insure a sound night's sleep
- 87% said beauty sleep helps you relax
- 87% said beauty sleep reduces fatigue due to lack of sleep
- 87% said beauty sleep allows you to wake up feeling refreshed

In a second study completed in March, 2005, 45 adults who were prescreened for frequency of sleeplessness in the past 2 months took 1 beauty sleep capsule at bedtime at least seven nights during a two-week period. Below are the results of their responses.^[3]

- 91% said beauty sleep helps insure a sound night's sleep
- 89% said beauty sleep allows you to wake up feeling refreshed
- 91% said beauty sleep reduces fatigue due to lack of sleep
- 96% said beauty sleep is gentle on your stomach
- 87% said beauty sleep has fewer side effects than other sleep aids
- 84% said beauty sleep gives you more energy during the day

Eighty-two percent (82%) rated the product as "effective" in helping them fall asleep and eighty-seven percent (87%) of the subjects reported that they fell asleep quickly.

Magnolia officinalis (*Magnolia* bark), known as houpu or hou po in Traditional Chinese Medicine, has been used for thousands of years to treat "stagnation of qi", or low energy, anxiety, nervous disturbances and other maladies. It has also been popular in Japanese Kampo medicine for hundreds of years for a wide variety of clinical disorders.^[4]

Magnolia bark is rich in a biphenol compound called honokiol and its isomer, magnolol. Honokiol and magnolol were identified as the anxiolytic (anxiety-reducing) agents in extracts of a Kampo medicine called Saiboku-tu.^[5] After seven days of administration even at low doses the stress-reducing effect of honokiol was equivalent to that of diazepam and had lower risk for the side effects of the drug.^[6]

Studies have identified the various mechanisms of action of *magnolia* bark extract and confirmed the effect upon the central nervous system and muscle relaxant effects. Animal studies demonstrated that one of its ingredients binds to adenosine A(1) and GABA(A) receptors associated with drowsiness.^[7]

Nine other beneficial pharmacological effects of honokiol cited from other studies include: antioxidant, antiplatelet aggregation, antibacterial, antifungal, inhibition of cancer cell growth, anti-allergic and anti-inflammatory. However, beauty sleep was not designed with these actions in mind and no claims are made.

Ziziphus spinosa is a traditional plant used as a sedative in traditional Chinese medicine for more than 2000 years. Both the leaves and seeds of the plant inhibit central nervous system function, while the fruits may prolong sleep when combined with a sleep aid.^[8] Sansohnin, the main component of Sansohnin-to, a traditional Chinese combination for sleeplessness is prepared from the seeds of *Ziziphus spinosa*.

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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60



Amount Per Serving %Daily Value

beauty sleep (A blend of patented† extract of <i>Magnolia officinalis</i> and a proprietary extract of <i>Ziziphus spinosa</i>)	365 mg	**
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** Daily Value not established.

Other Ingredients: HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide.

Dosing

Take 1-2 capsules nightly, or as directed by your healthcare practitioner.

References

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4. Hosoya E, Yamamura Y, eds. Recent advances in pharmacology of Kampo (Japanese Herbal) Medicines: International Congress Series 85. Amsterdam, 1998 [Maruyama, Y, Kuribara H. Overview of the pharmacological features of Honokiol. *CNS Drug Reviews*, 2000, 6(1) 35-44]
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8. Wu SX, Zhang JX, Xu T, Li LF, Zhao SY, Lan MY. [Effects of seeds, leaves and fruits of *Ziziphus spinosa* and jujuboside A on central nervous system function] *Zhongguo Zhong Yao Za Zhi.* 1993 Nov; 18(11):685-7, 703-4 [PMID: 8003232]

Cautions

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician. Keep out of reach of children.

*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.

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