INSOMNIA

Vitamin B3 (niacin)
Increases REM sleep; Improves both quality and quantity of sleep by converting tryptophan to serotonin⁴,⁵

Folate & Vitamin B6
Both are cofactors for several neurotransmitters in the brain such as serotonin and dopamine, many of which regulate sleep patterns⁴,⁶,⁷,⁸,⁹

Vitamin B1 (thiamin)
In clinical trials, supplementation of healthy individuals that had marginal B1 deficiency improved their sleep.¹,²,³

Vitamin A
Studies suggest vitamin A deficiency alters brains waves in non-REM sleep causing sleep to be less restorative.²⁴,²⁵

Folate & Vitamin B6
Both are cofactors for several neurotransmitters in the brain such as serotonin and dopamine, many of which regulate sleep patterns⁴,⁶,⁷,⁸,⁹

Vitamin B12
Normalizes circadian rhythms (sleep-wake cycles); Therapeutic benefits of B12 supplementation, both oral and intravenous, seen in studies.¹⁰,¹¹,¹²,¹³

Magnesium
Improving magnesium status is associated with better quality sleep; Mimics the action of melatonin; Also alleviates insomnia due to restless leg syndrome¹⁴,¹⁵,¹⁶,¹⁷,¹⁸

Zinc & Copper
Both interact with NMDA (N-methyl-D-aspartate) receptors in the brain that regulate sleep; A higher Zn/Cu ratio is linked to longer sleep duration.¹⁵,¹⁹,²⁰

Oleic Acid
This fatty acid is a precursor of oleamide, which regulates our drive for sleep and tends to accumulate in the spinal fluid of sleep-deprived animals. Oleic acid also facilitates the absorption of vitamin A.²¹,²²,²³

Vitamin A
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REFERENCES


