

Kavinace® OS

Target the cellular consequences of sleeplessness with a formulation proven to significantly improve both sleep onset and efficiency after the first dose^{1,2*}

Patient Profile

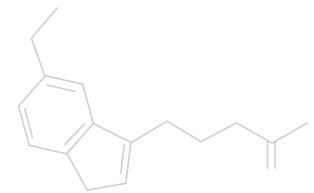
- Requires quick relief from sleeplessness
- Needs help falling asleep
- Unhealthy lifestyle habits
- Known or suspected immune activity



Key Ingredients

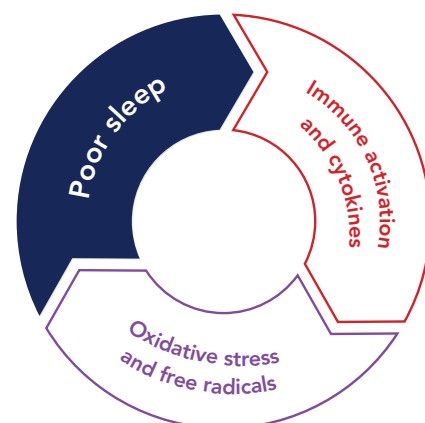
<p>L-theanine</p>	<ul style="list-style-type: none"> ■ Amino acid that acts as a glutamate receptor antagonist, shown significantly reduce stress^{**} ■ Modulates the immune response by regulating the secretion of INF-γ, IL-2 and IL-10, cytokines shown to increase after strenuous activity and display sleep regulating properties²⁰⁻²³
<p>Astaxanthin</p>	<ul style="list-style-type: none"> ■ Carotenoid that can have inhibitory effects on macrophage activity, IL-1 and IL-6 expression, and Nf-kB phosphorylation, impacting chronic and acute immune responses^{17,18*} ■ Shown to significantly improve sleep onset when taken with zinc^{6*}
<p>Magnesium (as magnesium bisglycinate chelate)</p>	<ul style="list-style-type: none"> ■ Cofactor for multiple mechanisms in the body including the production of serotonin and acting as a GABA agonist^{7*}
<p>Zinc (as zinc bisglycinate chelate)</p>	<ul style="list-style-type: none"> ■ Essential micronutrient cofactor for the antioxidant enzyme superoxide dismutase (SOD)^{**} ■ Zinc deficiency is directly associated with increased biomarkers of oxidative stress and inflammatory cytokines⁹
<p>Melatonin</p>	<ul style="list-style-type: none"> ■ Antioxidant and hormone important for the regulation of the sleep-wake cycle^{10*} ■ Melatonin restores the circadian rhythm dependent activity of mast cells, important for the allergic and inflammatory cascade and immune response to pathogens¹⁹

The Science



- The nervous system works with the immune system to regulate the sleep-wake cycle and the immune response^{11,12}
- During daytime activity, the immune system generates free radicals and depletes antioxidants¹³
- During bedtime hours, accumulated free radicals can stimulate the immune system with the adaptive immune system at its most active¹²
- Poor sleep has been shown to increase oxidative stress markers, perpetuating the Immune-Sleep Cycle¹³⁻¹⁵

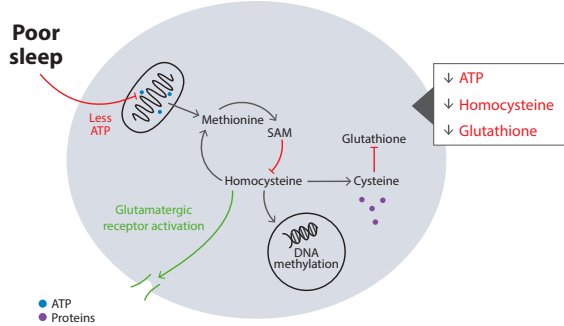
The Immune-Sleep Cycle



*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.

MORE SCIENCE BEHIND KAVINACE® OS

Figure 1. Cellular Impact of Sleep Deprivation



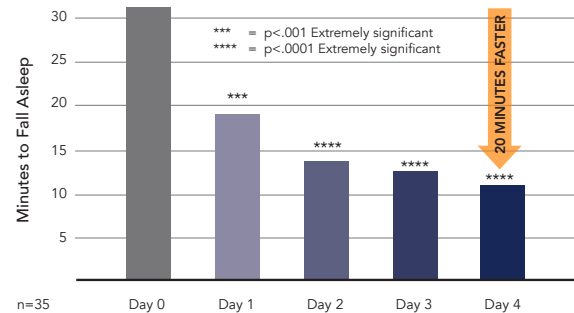
One night of poor sleep changes cellular metabolic function (Figure 1.)¹

Metabolic changes worsen the Immune-Sleep Cycle, perpetuating more sleepless nights¹

- Decreased antioxidant capacity increases susceptibility to negative effects of free radicals and oxidative stress¹
- Oxidative stress modulates immune regulators like Nf-kB¹⁶
- Wake promoting substances (hormones and neurotransmitters) respond to immune activation and further disrupt sleep^{11, 15}

The uniquely formulated blend of **Kavinace OS** comprehensively intervenes at every portion of the **Immune-Sleep Cycle***

Figure 2. Kavinace OS Decreases Sleep Latency



Researched ingredient blend, proven results*

Study participants were prescreened for poor sleep (PSQI), received one serving of Kavinace OS at bedtime for seven days, and submitted a daily sleep diary

- **Fall asleep quickly.** Extremely significant reductions in sleep latency were reported after the first dose of Kavinace OS, with ongoing improvement through day four²
- **Sleep better.** Significant improvement in sleep efficiency, or total sleep time relative to time in bed, was reported after one dose of Kavinace OS^{2*}

Kavinace OS provides quick relief from sleeplessness at the symptom and cellular level*

NeuroScience supplements undergo rigorous, product specific third-party testing to guarantee label claims of each ingredient and the absence of heavy metals, pesticides, residual solvents, and microbes

Suggested Use: Take 2 capsules at bedtime or as directed by your healthcare provider. Do not exceed suggested use

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
Magnesium (as magnesium bisglycinate chelate)	25 mg 6%
Zinc (as zinc bisglycinate chelate)	15 mg 136%
Selenium (as selenomethionine)	200 mcg 364%
Melatonin	5 mg †
Proprietary Blend (L-theanine, Trans-resveratrol (<i>Polygonum cuspidatum</i>) (root), and Astaxanthin (<i>Haematococcus pluvialis</i>))	214 mg †

† Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, water), organic rice concentrate, microcrystalline cellulose, dicalcium phosphate, citric acid, and glycine.



Item Number	Available Sizes	Serving Size
20053	60 capsule	2 Capsules

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