



SLEEP AND RELAXATION FORMULA



REDUCE STRESS AND ANXIETY & PROMOTE A HEALTHY NIGHT'S SLEEP

Sleep and Relaxation Formula

- **Supports A Calm and Relaxed Mood**
- **Promotes A Good Night's Sleep**
- **Reduces Stress and Anxiety That Would Interfere With Sleep**
- **Promotes Normal Serotonin and GABA Activity**
- **Helps Sleep- wake Cycle**

It's difficult not to feel anxious about the near future. Fears about this worldwide pandemic take an emotional toll on people, especially if they are already living with anxiety. A tracking poll, conducted

March 25-30, 2020, found that **47%** of those sheltering in place reported negative mental health effects resulting from worry or stress related to coronavirus (KFF.org). In a cross-sectional survey, many Chinese healthcare workers reported symptoms of **depression (50.4%), anxiety (44.6%), insomnia (34.0%), and distress (71.5%)** during the COVID-19 outbreak. Results are likely similar in the US - however, you're not powerless in the face of these uncertain times. **Draco** has developed a potent TCM formula for sleep based on calming, sedative herbs that have been used extensively by herbal medicine practitioners in the US, which can help you get through this stressful time.

Numerous factors are involved in the over-stimulation of the body and mind that leads to insomnia, including stress, poor sleep habits, depression, anxiety, lack of exercise, excessive evening blue light exposure, chronic illness, or certain medications. In terms of physiological level, most people who struggle with anxiety have higher cortisol levels. Often called the “fight-or-flight” hormone, cortisol is also thought to play a major role in insomnia by blocking the synthesis of serotonin, a brain chemical (neurotransmitter) important for calmness and peaceful feelings, and essential for the synthesis of **melatonin** in the sleep-wake cycle.

Some of the herbs in the **Sleep and Relaxation D-31 Formula** are capable of supporting serotonin activity, including Wild Jujube Seed, Bupleurum Root and Senega Snake Root (*Polygala tenuifolia*). Their well-documented sedative and anti-anxiety effects support their efficiency in improving sleep. **Wild Jujube Seed** is used traditionally for calming the nerves and dream disturbed sleep. **Bupleurum** has sedative, analgesic, and antitussive (non-narcotic cough suppressant) actions. **Polygala** is described in a materia medica book as inducing sedation, and helping with insomnia, dream-disturbed sleep, forgetfulness and heart palpitations.

Albizzia julibrissin is known in China as having the Prozac-sounding traditional name “collective happiness bark” and is used for restlessness, anxiety, insomnia, relief of depression, and controlling pain (Hsu; 1986). **Albizzia** settles the mind, has calming effects on the nerves, and decreases attention deficit, and feelings of sadness (Zhu, 1998). Results suggest that the anxiolytic-like effect of *Albizzia* is mediated by the changes in the 5-HT1A (serotonin) receptors of the serotonin nerve pathways (Jung, 2005, 2013).

Healthy sleep also requires sufficient levels of the brain chemical/neurotransmitter GABA, which helps relax the mind and prepare the brain to transition to sleep and has muscle-relaxing effects. Wild Jujube Seed, Bupleurum Root and Senega Snake Root (*Polygala tenuifolia*), and *Sophora flavescens* in the formula support GABA activity. **Sophora root** contains the alkaloids matrine and oxymatrine that have muscle-relaxing effects, has synergistic activity with sedative/hypnotic agents, and causes reduction in pain sensation (Wang BX, 1997). It also contains GABA(A) receptor modulators, such as the flavonoids kushenol I, sophoraflavanone G, (-)-kurarinone, and kuraridine (Yang).

In **Sleep and Relaxation D-31 Formula**, the other herbs are included. **White Peony Root** contains a flavonoid paeoniflorin which has calming effects, anti-convulsant activity, analgesic effects and has been shown to inhibit the central nervous system (Hsu; 1986). ***Polygonum multiflorum* (Fo-Ti)** stem is used in TCM for treating neurosis, neurasthenia and insomnia (Huang, 1999). A clinical study showed its sleep improvement superior to sleep agents Librium or Miltown in neurasthenic patients who have excessive irritability, fatigue and worry. **Biota seed** is used to treat irritability, insomnia, memory loss, anxiety, constipation and night sweats.

A clinical study of **D-31** was conducted in China involving 85 participants with varying degrees of insomnia characterized by difficulty in falling asleep and/or difficulty maintaining sleep without awakening. Subjects were administered 2 grams before bedtime for 5 successive days. Almost 90%

showed some form of improvement, with about 39% rated as cured, a definition based on uninterrupted sleep for 6-7 hours. The remainder of those that showed improvement had at least 5-6 hours of uninterrupted sleep.

Sleep and Relaxation D-31 Formula has a gentle, calming, sleep-enhancing effect with no reported incidents of fatigue or sleepiness the following day. The herbs used in **D-31** have a long history of use for these applications and the formula has been clinically tested yielding excellent results. For non-clinical use, the recommended dosage for **D-31** is 2 to 4 capsules, each 500 mg, 1 to 2 hours before bedtime with a full glass of water. Do not hesitate to include **Draco Sleep and Relaxation D-31 Formula** in your sleep and calmness aiding formula!

More Technical Information

SLEEP AND RELAXATION FORMULA APPLICATIONS

- SUPPLEMENTS
- CUSTOM TEA AND BEVERAGE



Cosmetic Corner

Fresh-cut Ginger Extract for Skin Health and UV Protection

UV from the sun can have deleterious effects on the skin, such as hyperpigmentation, age spots, wrinkles, a dull tone and sagging. A water extract of ginger rhizomes with the two main phytochemicals gingerol and shogaol protected skin against UVB irradiation damage and inflammatory effects.

Human keratinocyte cell viability and inflammatory cytokine/chemokine production was measured after UV-damage and found to be improved by the ginger extract (Guahk, 2010). Ginger also has anti-inflammatory effects for skin swelling or puffiness (edema). It has effects as potent as the topical drug Indomethacin for the reduction of skin edema with a 50% inhibitory usage level of 93 mg/cm (Minghetti, 2007).

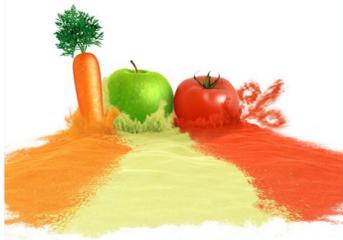
Ginger anti-aging effects work by reducing the formation of wrinkles through inhibiting the matrix enzyme induced by chronic UV-B irradiation exposure. There is also a decrease in the internal structural changes of skin cells (Tsukahara, 2006).

As a good skin whitening agent, ginger contains the active compound 6-gingerol which functions by tyrosinase inhibition, an enzyme regulating melanin synthesis.

Draco Ginger Extract standardized to 1% gingerols actives helps you maintain skin health against UV!



More Cosmetics Information



Products



Certificates



Technology

Questions?

Contact us today 1-408-287-7871

Draco Natural Products

www.draconatural.com | info@dracoherbs.com

539 Parrott Street, San Jose, CA 95112