

# Biotics NEW Sleep Aid Alpha-Theta Ultra PM

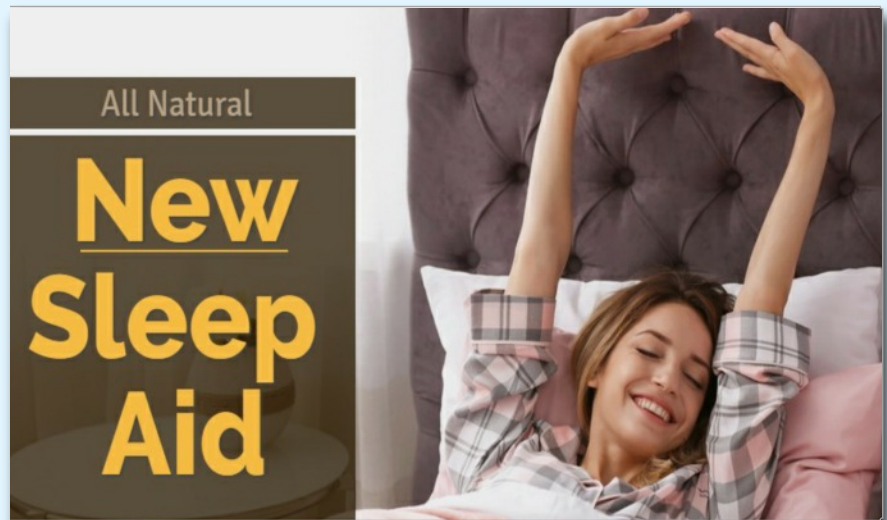
**"Alpha-Theta Ultra PM is a product that helps restore sleep by supporting the body's reaction to anxiety."**

Restorative, quality sleep is essential for optimal health because that's when we repair and recover. And that's the rationale for Biotics Research's new product Alpha-Theta Ultra PM. It provides foundational support to reset mind and body.

As you know, cortisol is secreted when hyper or prolonged stress is experienced. Excess cortisol affects melatonin, serotonin, dopamine and GABA. Alpha Theta Ultra PM provides the basic building blocks to reset these critical neurotransmitters.

I presented a webinar that discussed the major causes of insomnia and discussed products that will address them. They include:

- Imbalance in neurotransmitter function (GABA, serotonin and dopamine)
- Lack of precursors to make neurotransmitters
- Excess glutamate, the brain's main excitatory neurotransmitter
- Hypothalamus - Pituitary - Adrenal - Axis Dysregulation.
- Anxiety and stress creating excess cortisol
- Environmental factors



- Electromagnetic fields

You can see a link to the right to watch it.

As you read this list it's easy to see why no one sleep product will work for everyone. However Alpha-Theta Ultra PM covers most of these bases and can be considered a great first option. The name Alpha-Theta was chosen because the ingredients have been shown to enhance Alpha and Theta brain waves. In an ideal sleep pattern, a person experiences two types of sleep patterns.

- Non-REM which are associated with alpha and delta brainwave sleep.

- REM which is associated with dreaming and theta wave sleep.

If either phase is disrupted, sleep disturbance results. Alpha-Theta Ultra PM induces calming brain-wave activity and promotes the onset and duration of high-quality sleep. Over the years you will hear a greater emphasis on quality vs quantity of sleep. The quality is where the regeneration takes place.

Although each person's neurochemistry is unique, Alpha-Theta Ultra PM is a formula that incorporates key nutrients recognized to induce calming brainwave activity and promote the onset and duration of high-quality sleep by supporting GABA receptor func-

tion, and healthy levels of serotonin and dopamine.

Two capsules of Alpha-Theta Ultra PM supply 350 mg of L-theanine, 300 mg Chinese Skullcap 250 mg of Lemon Balm, 250 mg of Passion Flower extract 150 mg of 5-HTP (L-5-Hydroxytryptophan), 10 mg of B6 as pyridoxal-5-phosphate and 3 mg of Melatonin.

L-theanine increases GABA and Dopamine levels. The L-theanine source is from Suntheanine, the gold standard of theanine. L-Theanine is an amino acid found in green tea. Since it is fat-soluble, it is easily absorbed and crosses the blood-brain barrier resulting in increased dopamine and GABA levels which increases production of calming brain alpha-waves. L-theanine has been shown to support improved sleep quality not by sedation but through anxiolytics.

L-theanine protects against excess glutamate by inhibiting excess glutamine converting to glutamate. L-theanine optimizes the stress response. One study where subjects were given L-theanine and a placebo and exposed to stressors to test cortisol levels, the salivary cortisol response was significantly reduced in the subjects taking L-theanine when compared to the placebo.

L-theanine has been found to significantly increase activity in the alpha frequency band, which is associated with relaxing the mind. L-theanine was found to increase expression of brain-derived neurotrophic factor called BDNF protein in the hippocampus. BDNF increases neural plasticity and promotes neurogenesis.

When evaluating L-theanine's effect on sleep quality, one study looked at boys diagnosed with ADHD and found higher sleep percentage and sleep efficiency scores compared to those in the placebo group.

Chinese skullcap has been widely used for its health supporting properties for thousands of years. It contains multiple flavones that have been shown to have anxiolytic effects by acting on the GABA receptor site. One of the flavones wogonin was just as effective as benzodiazepine lemon balm, from the mint family, has been shown to improve sleep quality.

In a study of children with sleep bruxism, a significant reduction of sleep bruxism was observed using

the Visual Analogue Scale and demonstrated increased calmness during sleep. In another study, lemon balm increased self-ratings of calmness and alertness, mitigating the effects of stress, often the source of sleeplessness.

The amount of lemon balm in Alpha-Theta Ultra PM is almost the amount used in Germany as a single ingredient sleep aid; however, the combination with the next ingredient, passionflower, amplifies its effectiveness.

Bluecrown passionflower, native to South America, has a long history as an anxiolytic. Because of all the flavonoids, it has high antioxidant, anti-inflammatory, anticonvulsive properties. One of the flavonoids chysin, isolated from the blue flower, is also a central benzodiazepine receptor ligand. And, as I mentioned, it has additional synergistic benefits when combined with Lemon Balm.

Melatonin was added because, like other hormones, it drops as we age. So by the time we reach 40, chances are pretty good we're low especially since the half-life of this amazing hormone is only 1 hour. Beyond regulating sleep, new research on melatonin suggests it protects against viral and bacterial infections, reduces oxidant stress and inflammation. It slows aging, improves menopausal symptoms and improves brain function as we age.

5-HTP (150 mg) and B6 as P-5-P (10 mg) are present to enhance serotonin and melatonin production.

Based on research on the individual botanicals, Alpha-Theta Ultra PM: calms brainwave activity, improves overall sleep onset quality and duration, promotes natural circadian rhythms, supports healthy levels of GABA, serotonin and dopamine, fosters GABA receptor function, protects against glutamate toxicity and optimizes stress response.

Alpha-Theta Ultra PM is a product that helps restore sleep not by some drug effect rather by supporting the body's reaction to anxiety.

Thanks for reading this week's Tuesday Minute edition. I look forward to being with you again next Tuesday.