

NEURVANA® **Tranquil...** Natures Chill Pill

Relax and Sleep Naturally

NEURVANA **Tranquil** activates your 'Nighttime Sleep & Repair Cycle' for relaxation without drowsiness, calmness, stress-relief, harmonic balance, greater sensitivity and a restful deep sleep.



- ✓ **Natural alternative for stress, anxiousness, depressive moods, relaxation and calm**
- ✓ **Natural alternative to sleep meds for deep restorative sleep**
- ✓ **Stimulates the brain's production of alpha waves, that occur during meditation**

NEURVANA **Tranquil** contains the Indoleamine transmitter regulators (5-HTP & Melatonin) and neural inhibitors (Phenibut & L-Theanine) that work synergistically through different neural pathways to :

- Relax and calm the mind without the side effects of drugs;
- Elevate depressive moods and stabilize mood swings ;
- Improve mental and physical performance;
- Negate tension, anxiousness and stress;
- Provide natural relief for unpleasant emotional states ranging from mild unease to intense fear;
- Improve sleep and sleep quality without causing morning sleepiness;

The multi-action ingredient synergy of **NEURVANA Tranquil** block over-arousal, alter emotional responses and induce a calming and pleasurable healthy state-of-mind. Other beneficial effects include better impulse control, improved attention and decreased overeating.

Synchronize your 'Circadian Body Rhythms' for Mental Health, Wellness and Longevity

NEURVANA Tranquil and **NEURVANA Pro** are a team of 'Chronobiotic' formulations that keep your biological rhythms in sync. They optimize the balance between your 'Daytime Energy Cycle' and 'Nighttime Sleep & Repair Cycle' by raising the levels of stimulatory neurotransmitters during the day and inhibitory neurotransmitters at night.

- This natural chronobiotic approach to health helps prevent mood swings, depression, tension, mental foginess, memory loss, sexual problems, short temper, fatigue, immune decline and illness.
- A growing amount of evidence shows that restoring the internal organization of our biological rhythms that have gone out of sync and preventing temporal disorganization from altering biological functions may extend the healthy human lifespan and prevent the development of degenerative disorders.
- Synchronizing Circadian Body Rhythms represents a natural approach for attention problems, learning disturbances and recovery from addictions.

Taking **NEURVANA Tranquil** at night and **NEURVANA Pro** early in the day produces more beneficial actions than from using either product alone.

BENEFITS & FEATURES

NEURVANA **Tranquil** contains a combination of indoleamine transmitter activators (5-HTP & Melatonin) of the Nighttime Sleep & Repair Cycle and neural inhibitors (Phenibut & Theanine) that work synergistically through different neural pathways for relaxation, calmness, and a restful restorative sleep for occasional sleeplessness.

5-hydroxy-L-tryptophan (5-HTP) is a natural occurring metabolite of the amino acid tryptophan and the direct precursor of the inhibitory neurotransmitter serotonin.

- Supplementation of **5-HTP** raises levels of serotonin in the brain that can improve mood, impulse control, learning, behavior and sleep patterns.
- Low levels of serotonin are related to depression, anxiety, aggression, irritable bowel, SAD (seasonal affective disorder), PMS, drug use, chronic joint and muscle pain, migraines, carbohydrate cravings and obesity,
- Studies have shown that **5-HTP** may be as effective as Serotonin-Selective Reuptake Inhibitors (SSRIs) for managing depressive moods.
- Because serotonin is a circadian rhythm regulator, raising it levels at night with **5-HTP** promotes circadian rhythm balance.

Phenibut (Beta-phenyl-gamma-aminobutyric acid) is a derivative of the inhibitory neurotransmitter GABA (gamma-amino butyric acid) that has supportive effects on anxiety, tranquility and muscle relaxation.

- **Phenibut** has natural calming, relaxing and sleep-improving effects.
- **Phenibut** is a 'smart nutrient' that improves mental functioning and enhances physical performance.
- **Phenibut** causes GABA receptors to release GABA for tranquilly and increases dopamine levels like β -phenylethylamine (PEA).

L-Theanine is an amino acid in green tea that can reduce stress, tension and anxiousness without the tranquilizing dulling effects found in many other calming agents.

- **L-Theanine** stimulates the brain's production of alpha waves, making the user feel relaxed but alert and not drowsy.
- **L-Theanine** helps the body calm down by increasing GABA, the major inhibitory neurotransmitter in the brain.
- **L-Theanine** improves emotions by shutting-down signals from the limbic system and by increasing levels of dopamine

Melatonin is the major neuroendocrine hormone of the pineal gland and functions as a time keeper for normal circadian (daily) rhythm balance.

- The **Melatonin** secretion cycle has a clear 24 hour rhythm with a nocturnal peak.
- Serum melatonin concentrations are often low in individuals with affective disturbances like depression and bipolar disorder.

- Taking **Melatonin** has been shown as useful in boosting low moods, stabilizing mood swings, promoting sleep, and maintaining circadian rhythm balance.

Vitamin B6 is essential to the manufacture of all monamine neurotransmitters in the brain... serotonin, norepinephrine and dopamine and serotonin.

- **Vitamin B6** levels have been found to be low in depressed individuals.
- Taking **Vitamin B6** has been helpful in boosting moods and increasing levels of both norepinephrine and serotonin.

USAGE & WARNINGS

Recommended use:

Take 1 to 2 tablets per day on an empty stomach.

Take tablets later in the day, in the evening, or 45-60 minutes before bedtime on an empty stomach.

WARNINGS:

DO NOT USE IF YOU ARE UNDER THE AGE OF 18 YEARS

DO NOT USE IF YOU ARE PREGNANT OR NURSING

If you are on medication or have a health condition consult a Physician before using this product.

Keep out of reach of children

SUPPLEMENT FACTS

Supplement Facts		
Serving size 1 tablet		
Servings per container 6		
	Amount Per Serving	% Daily Value
Vitamin B6 (pyridoxine HCL)	20 mg	1000%
5-Hydroxytryptophan	75 mg	*
Proprietary Neural Blend	550 mg	*
Phenibut (Beta-pheny-gamma-aminobutyric acid)		
L-Theanine		
Melatonin		

Other ingredients: Soy Lecithin, Caprylic/Capric Triglycerides, Stearic Acid, Magnesium Stearate, Microcrystalline Cellulose

*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.