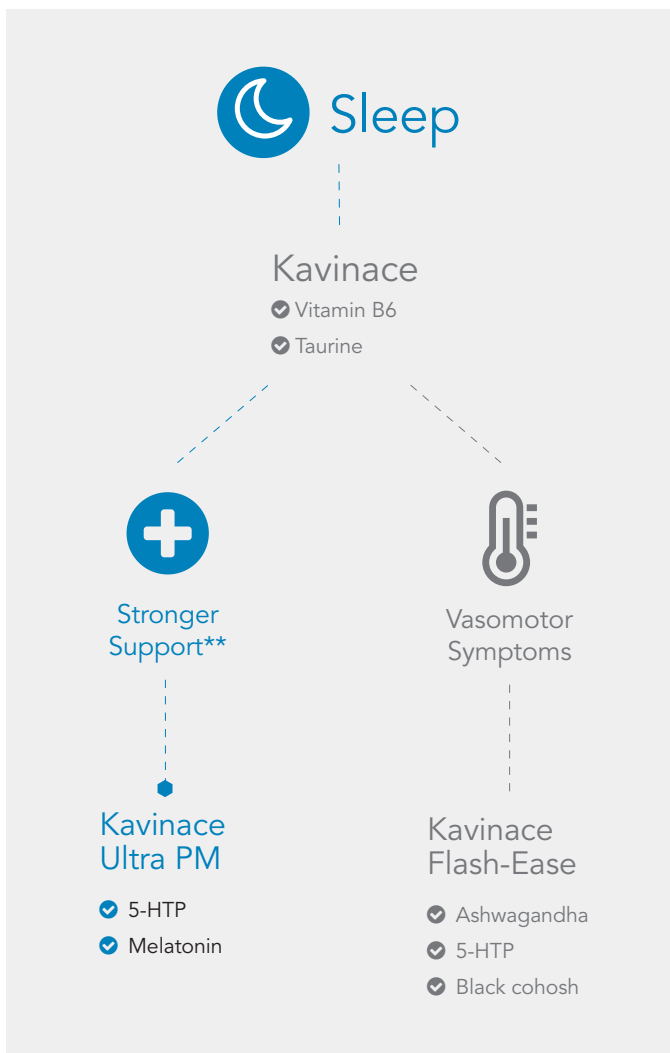


Kavinace Ultra PM

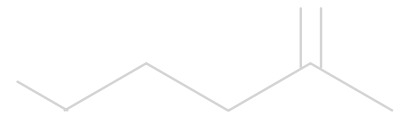
Blend of ingredients shown to improve the onset and quality of sleep*



Item Number	Available Sizes	Serving Size
2083	30 Capsules	1 Capsule



The Science

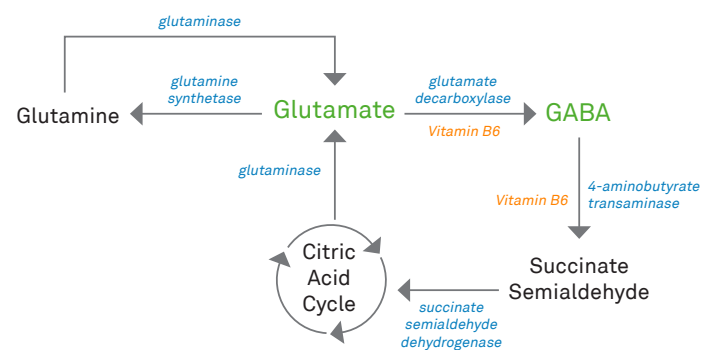


GABA

GABA is the primary inhibitory neurotransmitter in the brain¹

- GABA is important for **calm** and **sleep**^{2,3}

GABA Pathway



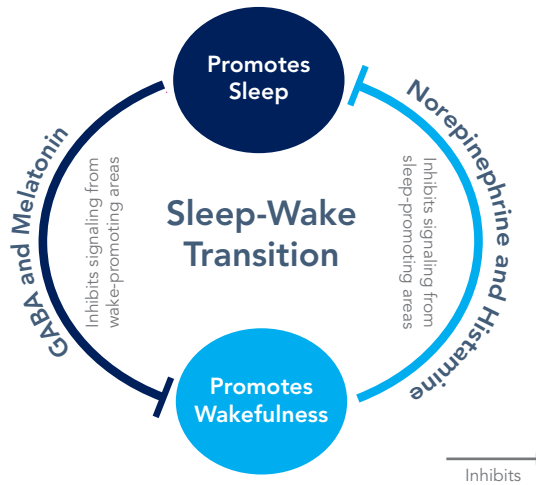
Green = Biomarker
Blue = Enzyme
Orange = Cofactor

*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.

** Relative amounts of ingredients as compared to other Kavinace products.

MORE SCIENCE BEHIND KAVINACE ULTRA PM

Figure 1. Sleep Neurochemistry

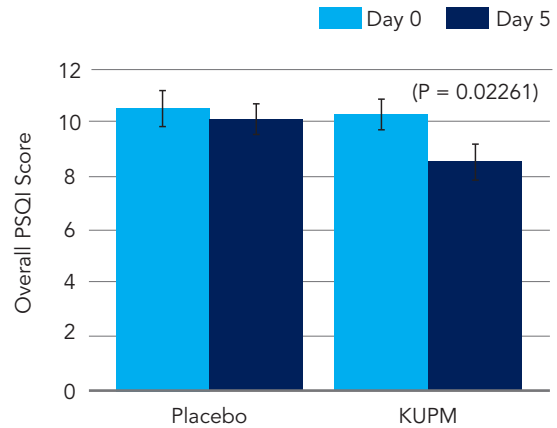


GABA and sleep

Transitioning between sleep and wake states relies on signaling from sleep- and wake-promoting areas in the brain⁴

- During sleep, GABA and melatonin from sleep-promoting areas of the brain inhibit the release of norepinephrine and histamine from wake-promoting areas⁵
- Conversely, norepinephrine and histamine from wake-promoting areas of the brain inhibit the release of GABA from sleep-promoting areas⁵
- Strengthening GABA and dampening wake-promoting neurotransmission are approaches being used to promote healthy sleep⁵

Figure 2. Study on Kavince Ultra PM

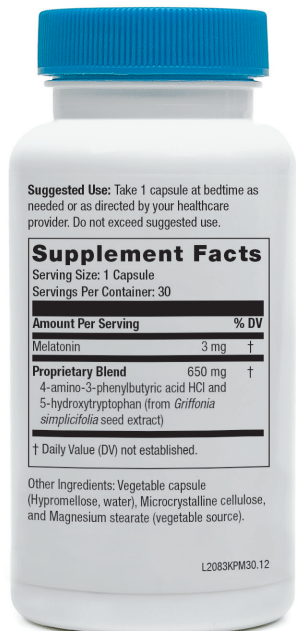


Kavince Ultra PM improves sleep

In a randomized, placebo-controlled study, 1 capsule of Kavince Ultra PM taken at bedtime for 5 days significantly improved quality of sleep as measured by the Pittsburgh Sleep Quality Index (PSQI)^{6*}

Participants taking Kavince Ultra PM reported:

- Decreased time to fall asleep*
- Increased duration of sleep*
- Decreased sleep disturbances*



Feeling fatigued and stressed?

Learn more about AdreCor at www.neuroscienceinc.com/products/adrekor

1. Gou Z, et al. *Dongwuxue Yanjiu*. 2012;33(E5-6):E75-81.
2. Mohler H. *Neuropharmacology*. 2012;62(1):42-53.
3. Saper C, et al. *Nature*. 2005;437(7063):1257-63.

4. Kunz D and Mahlberg R. *J Sleep Res*. 2010;19(4):591-6.
5. Holst S, et al. *Annu Rev Pharmacol Toxicol*. 2016;56:577-603.
6. Data on file, 2011. NeuroScience, Inc., Osceola, WI 54020.

Consult your healthcare provider before taking with sedatives.

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