



V.H.P™

Why you may need V.H.P™: . Insomnia or sleep disorders are defined as “difficulties initiating and/or maintaining sleep, or nonrestorative sleep, associated with impairments of daytime functioning or marked distress.” Therefore the inability to “sleep soundly” or to fall to sleep within a reasonable time, are typical hallmarks of sleep deprivation. Sleep deprivation of any kind is a form of stress to the body physically and mentally. When you are stressed your body reacts in ways that are not beneficial in the long run. There are numerous studies supporting this fact. Studies have also revealed that those who do not sleep well or who have encountered problems going to sleep have much higher incidences of cancer, heart disease and pneumonia. The price of sleepless nights over a lifetime is often reflected in changes in the body that cause one to be less healthy, increasing the potential for chronic health problems as you age. Experts agree that adults need between six and 10 hours of sleep each night, though most recommend around eight hours. If you are not getting regular, quality sleep at night your healthcare provider may have very real concerns for both the short and long term consequences. Proper sleep is critical not only for the quality of your daily life now but the quality of your health in the future as well. Therefore, your healthcare provider may feel that supplementing with V.H.P™ may be necessary to help get you back into a good, healthy sleeping pattern.

Why your healthcare practitioner recommends V.H.P™: V.H.P™ is an excellent herbal tranquilizer combining Valerian root, Hops and Passiflora that is very effective in the treatment of insomnia, nervousness, hyperactivity and hyperirritability. Valerian is considered to be a natural alternative to benzodiazepine drugs as it is believed to work on the same pathways. Hops also have similar herbal/medicinal qualities and has historically been used in the treatment of anxiety, restlessness and insomnia. Recent studies have shown the relaxing effect of hops is largely due to a specific chemical component called dimethylvinyl carbinol. Passiflora is also a calming herb often taken as a sleep-aid. Clinical trials have found it to lower anxiety and reduce insomnia. Passiflora contains many potent chemicals, some of which are known natural MAO inhibitors with anti-depressant properties. Biotics Research has combined these herbs into a single, unique standardized formula that optimizes the effectiveness of each component in a synergistic balance providing unmatched efficacy as a sleep aid. Additionally, Biotics Research Corporation's industry leading, high standards of quality control guarantees only the purest, highest quality products, meeting or exceeding industry standards are used, free of pesticides, heavy metals or any other potential toxins are in this product.



Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving
Valerian (Valeriana officinalis) (extract) (root)	200 mg*
Hops (Humulus lupulus) (flower)	100 mg*
Passionflower (Passiflora incarnata) (aerial part)	100 mg*

*Daily Value not established

Other ingredients: Gelatin, water and glycerin.

RECOMMENDATION: One (1) capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

Caution: Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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For more information on V.H.P™, please contact your healthcare provider