



In response to increasing demand from Practitioners, Biotics Research Corporation has developed the Weekly Practice Builder program to bring important, leading-edge information and literature to you, thereby helping facilitate the growth of your practice through improved patient outcomes. Biotics Research Corporation products are available exclusively through Healthcare Providers.

Questions? Comments? Biotics Research Corporation wants to hear from you!

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For the Health of Your Patients:

Sleeplessness and its associated challenges represent one of the most common complaints seen by physicians. According to the U.S. Department of Health and Human Services, inadequate sleep affects approximately 60 million Americans each year. Typically, sleeplessness increases with age, and is more prevalent among women. Physiologic causes such as musculoskeletal pain and dehydration are known to adversely affect sleep. Studies also show a strong psychological component, with depression and stress being the predominant triggers in that category. Lack of exercise, disruption of natural circadian rhythms, i.e. shift-work, jet lag, etc. are also recognised to be key triggers. The night-time use of stimulants, such as caffeine, nicotine, niacinamide, riboflavin, certain medications, herbs, and other substances including alcohol are known to precipitate sleeplessness. GERD, sleep apnoea, excess weight, bladder issues, and thyroid or adrenal dysfunction are other potential exacerbating factors.



For the Health of Your Practice:

V.H.P.TM is a combination of valerian, hops, and passiflora that can be used to support normal sleep function. Valerian (*Valeriana officinalis*) is a herb whose use dates back to ancient Rome. Long valued for its antispasmodic, anxiolytic, and sleep-inducing effects, valerian is also known for its 'unique' odour. Valerenic acid, one of the components of valerian, has been shown to inhibit the breakdown and the reuptake of gamma-aminobutyric acid (GABA), which leads directly to longer, improved sleep. Like valerian, hops also share a long history for use as an aide [supportive] for sleep and anxiety. *Passiflora*, commonly referred to as passionflower, is a new world herb that was favoured by the Aztecs. Its known active ingredients are alkaloids and flavonoids which have anxiolytic, antispasmodic, and calmative properties and may be especially helpful when neuromusculoskeletal events exacerbate sleeplessness. Each capsule of **V.H.P.TM** supplies 200 mg of Valerian, 100 mg of Hops, and 100 mg of Passiflora in a formula available exclusively through Biotics Research Corporation. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".