

### **3. Supporting better Sleep**

#### **MYOCALM P.M.®**



Nighttime muscle relaxation formula

MyoCalm P.M. provides the same specialized formula as MyoCalm; with the addition of lemon balm and hops—herbs traditionally used to promote relaxation and restful sleep.

- Promotes muscle relaxation.
- May help relieve minor pain associated with muscle tension, which can be caused by stress or physical overexertion.
- Promotes a feeling of calm, and can be taken at bedtime for occasional sleeplessness.

#### **Frequently Asked Questions:**

##### **How does Myocalm P.M.® work?**

It provides important minerals involved in muscular contraction and relaxation responses, plus extracts of passionflower and valerian for added relaxation support. Lemon balm and hops have a long history of traditional use to promote relaxation and sleep.\*

##### **How does Myocalm P.M.® compare to other products or approaches?**

This product contains only natural ingredients for a safer approach for healthy muscle function and sleep support. Herbal supplements often come with added quality concerns, but Metagenics takes added measures on all herbal products for quality assurance. And the magnesium and calcium sources were designed for better absorption, and are suitable for vegetarian use. This product provides a more nighttime-specific approach than original Myocalm®, with added support for relaxation and sleep. Health care professionals may recommend Benesom® for more targeted sleep support.\*

### How long is Myocalm P.M.® typically recommended?

This formula was designed for strategic, short-term nighttime muscle relaxation support and relief of occasional sleeplessness. Individual results and recommendations may vary based on your specific needs. For best results, follow your health care professional's guidelines.\*

### Why is Myocalm P.M.® safe?

It contains a blend of natural ingredients with an excellent safety profile. Plus, Metagenics' manufacturing facility has 3 certifications for good manufacturing practices to ensure the highest quality. For a higher degree of reliability and predicted safety, Metagenics herbal formulas are evaluated by our MetaBotanica® Method to assure quality and the presence of active factors for optimal effectiveness.\*

\*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.

### Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 60

	Amount Per Serving	% Daily Value
Calcium (as calcium lactate)	75 mg	8%
Magnesium (as magnesium citrate)	150 mg	38%
Passion Flower 5.5:1 Extract ( <i>Passiflora incarnata</i> )	60 mg	*
Valerian Root Extract ( <i>Valeriana officinalis</i> )	30 mg	*
Hops Cone 7.5:1 Extract ( <i>Humulus lupulus</i> )	60 mg	*
Lemon Balm Leaf 5:1 Extract ( <i>Melissa officianalis</i> )	150 mg	*

\*Daily value not established.

*Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid, silica, coating (water, hypromellose†, medium chain triglycerides, and hydroxypropylcellulose).*

*†Plant based modified cellulose*

Directions: Take three tablets at bedtime or as directed by your healthcare practitioner.

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## Benesom



Benesom is a premier sleep and relaxation formula recently enhanced with more melatonin, key herbs, and minerals for more powerful support. This novel formula now contains 3 mg of melatonin per serving to relieve occasional sleeplessness, complemented by 5 key concentrated plant extracts to promote a sense of calm and key minerals to target muscle relaxation.

Benesom is part of the NeuroCARE family of products designed to support neurological health.

- -- Features melatonin, a hormone naturally produced in the brain that helps regulate sleep, waking, and the body's circadian rhythm (or time clock)
- -- Provides extracts of passionflower, valerian, Chinese skullcap, and hops for added support for relaxation and a sense of calm
- -- Chinese skullcap also protects against oxidative stress, supports healthy cytokine activity, and supports central nervous system health, which is important for maintaining a healthy sleep/wake cycle
- -- Supplies bioavailable forms of calcium and magnesium that play a role in muscle relaxation
- -- May help relieve minor pain associated with muscle tension, which can be caused by stress or physical overexertion

## Supplement Facts

Serving Size: 2 Tablet

Servings per Container: 30

	Amount Per Serving
Calcium (as calcium lactate)	70 mg
Magnesium (as magnesium citrate)	140 mg
Chinese Skullcap ( <i>Scutellaria baicalensis</i> ) Root Extract [standardized to 30% (120 mg) flavones]	400 mg
Passionflower ( <i>Passiflora incarnata</i> L.) Flower Extract [standardized to 1.6% (3.2 mg) hyperosides]	200 mg
Melissa Lemon Balm ( <i>Melissa officinalis</i> L.) Leaf Extract [standardized to 3% (4.5 mg) rosmarinic acid]	150 mg
Valerian ( <i>Valeriana officinalis</i> L.) Root Extract [standardized to 0.8% (0.8 mg) valerenic acid]	100 mg
Hops ( <i>Humulus lupulus</i> L.) Cone 7.5:1 Extract	50 mg
Melatonin	3 mg

\*Daily value not established.

*Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).*

Directions: Take 1-2 tablets approximately 30 minutes prior to sleep or as directed by your healthcare practitioner.