

# Awake™ & Asleep™



Nature's most comprehensive  
adaptogenic formulas for  
wakefulness and restorative sleep



Adaptogens are recognized as intelligent herbs that restore balance to the body regardless of whether the body is in an excess or deficient state. They strengthen the body's response to stress and help it cope with long working hours and disrupted sleep patterns. They can also calm the body and boost energy at the same time - without overstimulating it - unlike caffeine and the other 'energizers' some may depend on to start and get through the day.

## This exciting pair of formulas can be used in combination or individually

### AWAKE

- \*As a daytime energy tonic and conditioner
- \*Sports conditioning and performance enhancement
- \*Mental clarity and focus

### ASLEEP

- \*Restorative sleep
- \*Restless legs
- \*Reducing jet lag effects

### OR USED IN COMBINATION:

\*As a combined therapy, Awake and Asleep can help reset circadian rhythm disruption. Ideal for shift workers, travelers, and students cramming for exams.

\*As an overall yin and yang balancer.

Taken together for one month at each equinox can help supercharge the body for the next six months!

\*For sports enhancement and training: taken together, these formulas work to repair and restore the athlete's system at night and provide the extra stamina during games and or training sessions.

\*As an overall protocol to help with mental clarity, energy and physical well being.



### DEVELOPED BY DR. PUSHPA CHANDRA, RN, ND

Awake & Asleep were created by Dr. Pushpa Chandra, a Naturopathic Doctor, ultra-marathon runner, and former paediatric ICU nurse who experienced over 25 years of shift work and disrupted sleep patterns at BC Children's Hospital.

Learn more about Dr. Pushpa at <https://shiftworkershealth.com/dr-pushpa-chandra/>

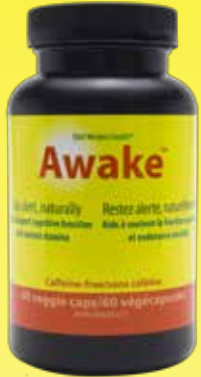


TO PLACE ORDERS:  
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Shift Workers Health  
with Dr Pushpa Chandra

# Awake™ & Asleep™



Performance enhancement  
Circadian rhythm reset  
Disease prevention



**Rhodiola** – 100mg – 8:1 concentrate 3.0 rosavins, 1% salidroside. An excellent anti-fatigue agent, promotes physical and cognitive vitality. A recognized mental focus tonic.

**Siberian Ginseng** (Eleutherooccus senticosus - Root) - 200mg - 12:1 concentrate. The performance and focus enhancer. The most researched adaptogen that increases mental alertness, performance, energy and stamina, while also reducing stress and fatigue.

**Schisandra** - 80mg - 2:1 concentrate. A potent tonic that decreases fatigue and enhancing physical performance and endurance. Of great benefit to athletes.

**Bacopa Monnieri** - 50mg - 30:1 50% Bacosides A & B. It is the single most powerful supplement for brain health, cognition and focus.

**Tagetes erecta** (Marigold) - 12mg – 10:1 concentrate – 90% Lutein esters. Antioxidant for eyes to help with all the LED screen staring we do.

**L-Glutamine** – 100mg.

**L-Tyrosine** - 30mg promotes mental alertness/ focus.

**Vitamin D3** – 2.5mcg (100 IU).

**Ashwagandha Somnifera** –Root - 100mg - 10.0 % Withanolides. This powerful Ayurvedic herb is known for restoring vitality. It is the premier adaptogen that has a profound effect on regulating sleep. It is the top herb to mitigate stress, fatigue and lack of energy. It is also an exceptional tonic for adrenal burnout.

**Melatonin** (N-Acetyl-5-Methoxytryptamine, Melatonin (Synthetic) – 2mg: known as the hormone of the darkness. It has a number of effects on human biology including regulating the sleep/wake cycle and enhancing the immune system. Helps in the process of normal cell division.

**GABA** (gamma-Aminobutyric acid) – 175mg: to promote mental calmness and relaxation.

**L-Theanine** – 75mg: for enhancing sleep quality and recovery from exhaustion.

**Taurine** – 50mg: to induce muscle relaxation.

**Magnesium bisglycinate** – 86.8mg: for additional nerve and muscle soothing.

**Vitamin D** - 2.5mcg (100 IU).

**Vitamin B12** - 500mcg: to help regulate the sleep/wake cycle.



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