

EVEXIAS Sleep is a professional-grade nutraceutical expertly crafted with a synergistic blend of neurotransmitter precursors, calming botanical herbs, and neuroprotective compounds that work together to promote restful, uninterrupted sleep. Designed to ease stress, reduce nighttime restlessness, and regulate your body's circadian rhythm, this formula helps you fall asleep faster, stay asleep longer, and wake up genuinely refreshed—without the residual grogginess associated with many over-the-counter sleep aids.

Poor sleep can wreak havoc on your physical and emotional health, contributing to everything from brain fog and irritability to weakened immunity, hormone imbalance, and metabolic dysfunction. Whether you're experiencing occasional sleeplessness, struggling with stress-related insomnia, or want to support better long-term sleep habits, EVEXIAS Sleep offers a holistic, science-backed solution that targets both the symptoms and root causes of sleep disruption.

RECOMMENDED FOR:

- Supporting consistent and healthy sleep cycles
- Reducing nighttime restlessness and racing thoughts
- Easing anxiety and stress-related sleep challenges
- Enhancing next-day focus, energy, and mood stability
- Supporting immune resilience, cardiovascular wellness, and brain function
- Promoting hormone regulation, metabolic recovery, and digestive balance

ABOUT THE FORMULA

- **Mucuna (Mucuna pruriens) seed**, also known as the Velvet Bean, is an adaptogenic herb cultivated in Asia, America, Africa, and the Pacific Islands. Mucuna seed is used in traditional medicine to balance blood sugar and promote weight loss, but it is also used to support the production of dopamine, a neurotransmitter key to motivation and reward, behavior, sleep, mood, focus, and cognition. Mucuna seed has also been highlighted in lab studies for its neuroprotective qualities.
- **Pyridoxal-5'-Phosphate (P-5-P) + Pyridoxine HCl** are two forms of vitamin B6 chosen for their superior bioavailability. Vitamin B6 is a vital micronutrient that assists the brain in producing neurotransmitters, which relay signals between nerve cells. Vitamin B6 is essential to sharp cognition, focus, and a balanced mood. It is also an important co-factor in the production of glucose energy, which is key to optimal physical and mental health.
- **Riboflavin-5-phosphate (Vitamin B2)** is an essential vitamin for energy production, cell growth, and eye health. Due to riboflavin's role in mitochondrial activity and reducing oxidative stress and inflammation in nerves helps maintain cognitive function and prevent mental decline, like memory loss and concentration issues, as we age.
- **Methylcobalamin + Adenosylcobalamin (Vitamin B12)** is a key micronutrient that contributes to the formation of red blood cells and DNA synthesis and maintains nerve and brain health. Deficiency in vitamin B12 can lead to neurological issues, including memory decline, mood changes, and confusion. Though vitamin B12 can be obtained from a well-rounded diet, supporting B12 levels is advisable, particularly in the aging and elderly.

- **Quatrefolate (Folic acid/Vitamin B9)** is an essential micronutrient for cell growth and function, as well as the recycling of homocysteine, which is necessary in the prevention of certain diseases. Studies show that Quatrefolate may also help to boost brain function and performance, particularly when levels are low.
- **Trimethylglycine (TMG, Betaine)** helps the body process and recycle an amino acid called homocysteine, which contributes to heart disease and stroke if left to accumulate. Produced through some bodily processes and obtained through diet, TMG is also involved in healthy liver function and cellular reproduction.
- **Theacrine** is a chemical that occurs naturally in the body with anti-inflammatory, analgesic, and neurolocomotor properties. Research shows that Theacrine may also increase energy, reduce fatigue, and have a positive effect on focus, concentration, and desire to exercise.
- **Theobromine** is the primary alkaloid in the cacao bean that has been linked to boosting brain function. Theobromine is similar properties to caffeine and can lead to improved cognitive alertness and acuity. It's also shown anti-inflammatory effects in some studies.

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Amount Per Serving

- Valerian Root Extract – 100 mg
- Gamma-Aminobutyric Acid (GABA) – 100 mg
- Hydroxyl L-Tryptophan (5-HTP) – 50 mg
- Magnolia Bark Extract – 100 mg
- Melatonin – 5 mg

Other Ingredients: hypromellose, microcrystalline cellulose, magnesium stearate, silica

WARNING: If pregnant or nursing, consult your healthcare practitioner before taking this product.

SUGGESTED USE

Take one capsule daily approximately 30 minutes before bedtime or as directed by your healthcare provider. For optimal results, pair with a consistent nighttime routine that includes screen-free time, low lighting, and other healthy sleep hygiene practices.

Store in a cool, dry place. Keep out of reach of children.

EVEXIAS
HEALTH SOLUTIONS

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*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.