Regen PM

Description

Regen PM combines two synergistic formulas into one tablet to promote restful, restorative sleep. It includes 5-HTP, GABA, melatonin, and SerinAid® for a sustained-release sleep enhancer, along with magnesium, zinc, and ZMA® for restorative nutrition while you sleep.

Overview

Regen PM is a combination of immediate- and sustained-release nutrients that can help you regain the restorative and restful sleep needed to Regenerate your muscles and energy. These nutrients can support a balanced sleep cycle and manage stress and anxiety.

Research

5-HTP

5-HTP (5-Hydroxytryptophan) is a co-factor from the amino acid L-tryptophan. It works in the brain and central nervous system to promote serotonin production that is needed to regulate sleep.1,2 An amino acid formula containing 5-HTP and GABA was given to patients with sleep disturbances to find that the combination improved the duration and quality of sleep.3

GABA

Gamma-Aminobutyric acid (GABA) is a main neurotransmitter that is widely distributed through the central nervous system to alleviate anxiousness, irritability, and restlessness.4 A high concentration of GABA is found in the thalamus, which is the region of the brain involved with sleep.5 With its effects on relaxation, GABA is a key amino acid for promoting restful sleep.6,7

Magnesium

Magnesium is a primary mineral involved with several processes in the body, including protein synthesis, muscle and nerve function, glucose control, energy production, skeletal development, and blood pressure regulation.8 Physical activity can deplete magnesium levels leading to reduced exercise capacity.9,10

Magnesium deficiency can also lead to an increase in anxiety and mood imbalances.11 Magnesium has been given to individuals with mood imbalances to find that it can quickly alleviates sadness and worry.12 Normal magnesium levels are also needed for balanced sleep regulation.13

Melatonin

The body requires melatonin to sustain the sleep-wake cycle. When melatonin levels are low, sleep disturbances can increase as the body’s circadian rhythm is disrupted.14 Supplementing with melatonin has been show to normalize the circadian rhythm and improve quality of sleep.15,16, 17 It can also regulate the sleep cycle for those experiencing jet lag or nighttime job shifts.18

SerinAid® (Phosphatidylserine)
Phosphatidylserine (PS) is a phospholipid derived from soy lecithin that helps membrane function and the transmission of molecular messages between cells. PS supplementation can help regulate cortisol levels, improve well-being, and reduce muscle soreness from exercise.

PS supports normal cortisol levels which is essential to the sleep cycle and restorative health.\(^2^9\)\(^,\)\(^2^0\) PS was given to men with high stress levels to find that the supplement helped normalize cortisol levels associated with stress.\(^2^1\) Researchers also reviewed the influence of PS supplementation on cortisol, lactate, and growth hormone levels before, during, and after moderate exercise. Cortisol levels decreased in subjects taking PS to lower exercise-induced stress.\(^2^2\)

Zinc

Zinc is an essential mineral that is involved in several metabolic functions, including immune function, wound healing, protein synthesis, and development.\(^2^3\) Zinc helps to moderate the accumulation of oxidative stress that develops in the muscle leading to muscular fatigue.\(^2^4\) Supplementing with zinc can improve muscle strength and muscle metabolism.\(^2^5\) Zinc is also important to lessen anxiety and support a balanced mood.\(^2^6\)\(^,\)\(^2^7\)

ZMA®

ZMA® is a patented formula of zinc mono-L-methionine sulfate (L-OptiZinc®), vitamin B6, zinc aspartate, and magnesium aspartate. Nutrients in this complex have been shown to assist muscle health and anabolic hormone production.\(^2^8\) ZMA® helps restore zinc and magnesium levels in the body. These are important co-factors to enzymatic reactions in muscle function and exercise performance.\(^2^9\)\(^,\)\(^3^0\) ZMA® nutrients also contain antioxidant properties, promote restful sleep, and support insulin-like growth factor (IGF-1) and testosterone levels.\(^3^1\)\(^,\)\(^3^2\)\(^,\)\(^3^3\)\(^,\)\(^3^4\)\(^,\)\(^3^5\)

Additional Information – Dosage & Interactions

Suggested Use

As a dietary supplement, take one (1) to four (4) tablet(s) 30 minutes before bedtime, or as directed by a physician. Do not exceed four (4) tablets daily. May cause drowsiness, do not operate heavy machinery after taking.

Dosage

5-HTP - Up to 300 mg in three divided doses per day. Do not exceed 900 mg per day.

GABA - Up to 600 mg per day

Magnesium – Up to 2,000 mg per day

Melatonin - Up to 3 mg nightly for sleep disturbance or jet lag

SerinAid® - Up to 500 mg per day (elemental PS)

Zinc – Up to 30 mg per day
ZMA® - Up to 2,400 mg per day

Precautions

The maximum safe dosage of this supplement has not been determined for children, pregnant or nursing women, or those with severe liver or kidney disease. As with all supplement regimens, please consult your physician prior to use.

5-HTP - Should be avoided by pregnant women, nursing mothers, individuals under 18 years old, and those with significant cardiovascular disease or medical conditions. 5-HTP has been reported to occasionally cause gastrointestinal upset in higher doses.

GABA - GABA is not recommended during pregnancy or lactation.

Magnesium - Diarrhea, nausea, or abdominal cramping have been reported in large doses. Pregnant women and nursing mothers should not take doses greater than 350 mg per day of magnesium. Individuals with myasthenia gravis should not take magnesium.

Melatonin - Do not take melatonin if you have liver disease, neurological disorders (seizures, etc.), or depression. DO NOT operate machinery or drive a motor vehicle while taking this product as it may cause drowsiness. Taking too much may cause morning grogginess or undesired drowsiness. This product is not intended for use by anyone under 25 years of age. If you are pregnant or nursing, consult a physician prior to using this product.

SerinAid® - There are no known adverse reactions with proper supplementation.

Zinc - High doses of zinc can lead to copper deficiency or cause stomach upset.

ZMA® - There are no known adverse reactions with proper supplementation.

Drug Interactions

Consult your physician before supplementing Regen PM as the following key nutrients may interact with certain medications.

5-HTP - Anti-depressants (SSRIs, MAOIs, or sedatives); Carbidopa (drug for Parkinson’s disease), as it increases drug activity.

GABA - There are no known interactions with proper supplementation.

Magnesium - Bisphosphonates, Quinolones, Tetracyclines

Melatonin - Fluvoxamine (Luvox); Corticosteroids; Sedating drugs (benzodiazepines, etc.); Nifedipine (Adalat, Procardia); Warfarin (Coumadin); Interleukin-2

SerinAid® - There are no known interactions with proper supplementation.

Zinc - Antibiotics block zinc absorption.

ZMA® - There are no known interactions with proper supplementation.
*Statements made herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.


