

Sleep All Night Ingredient Research



SLEEP ALL NIGHT is a synergistic formula of 10, fast-acting ingredients that are designed to relax your brain and body and prepare your mind for an awesome night of restful sleep.

Phase 1:

We start with a group of researched and evidence supported non-habit-forming natural ingredients that promote restful sleep such as L-Theanine, GABA, Sensoril® Ashwagandha and Magnesium. We included a proprietary blend of 3 medicinal plants and Vitamin B6 shown in a pilot study that suggest benefits for mild-to-moderate insomnia.

We include 10xPURE™, CTFO's proprietary delivery technology, to increase bioavailability, getting more of the active ingredient to the destination so that you get more of what you pay for. 10xPURE™ creates a hydrophilic, water-loving, liposome with the Phyto-cannabinoid, THC Free hemp oil to support better quality sleep and reduce stress.

Brain and Body Repair While You Sleep

While you are restfully sleeping your system is repairing your brain and body circuitry, working to bring you back to full capacity. Deep sleep is a critical time for physical restoration. Getting less than 7 hours of sleep on a regular basis can harm mental and physical health.

“Not being able to sleep affects every part of a person's life and not in a good way! Lack of sleep impairs your daytime performance and enjoyment of life.”

-Dr. Robban Sica
Integrative Practice of Natural & Alternative Medicine



Phase 2:

We add immediate release melatonin to induce sleep and boost overnight growth hormone production for tissue repair.

Melatonin actually regulates the sleep-wake cycle called circadian rhythm. It all begins with the onset of darkness which prompts the pineal gland to start producing melatonin while light causes that production to stop. Melatonin helps synchronize the sleep-wake cycle with night and day and facilitate quality sleep.

Phase 3: We combine MicroActive® extended-release melatonin (reported to last 7-hour plus) supports even and uninterrupted sleep throughout the night.

**Don't Take More Melatonin. Take the Right Melatonin.
MECHANISM OF ACTION**

MicroActive® Melatonin is micronized, meaning the particles have been reduced to a small particle size (10 microns), allowing for greater transit through veins and capillaries. In addition, the special mix of substances in MicroActive® Melatonin slows the rate at which the melatonin is released, so it stays in the bloodstream longer.

SLEEP ALL NIGHT helps initiate and complete your sleep cycle! You'll wake-up refreshed and ready-to-go so you can be the best version of yourself, every day!

Suggested Usage:

Adults take 2 capsules 30 minutes before going to bed. You will begin to experience a calm and relaxing feeling the very first night. Over the next 2-4 days you should feel your prior sleep struggles slipping away. After a few weeks you should enjoy the benefits of deep restful sleep. Each person's makeup is different and results and timeline will vary.



“Here are my results after only ONE USE: I slept like a baby all night, only getting up ONCE at 3:30 to use the bathroom. Then went right back to sleep. I slept on my back with no issues.”

-Dr. Richard Pritchard

Ingredient Highlights:

The Science Behind SLEEP ALL NIGHT 10xPURE™ Full Spectrum CBD, 10xPURE™ oil process has been shown to support increased bioavailability and suggests faster onset than CBD. Potential health benefits include calming the central nervous system, better sleep, and reduced stress. <https://myctfo.com/ctfo/exploratory-scientific-endeavor.pdf>

Using a technique called mass spectrometry, routinely used to accurately detect small molecules such as cannabinoids, measurements were taken to detect the presence of CBDA in the liver cells. Under the same conditions, CBDA was not detected with the standard hemp oil yet was present in the cells with the 10xPURE hemp oil. (Figure 3)

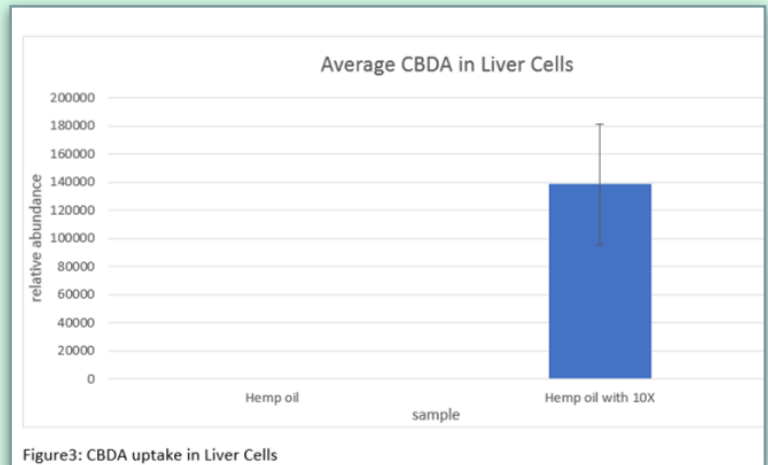


Figure3: CBDA uptake in Liver Cells

Melatonin:

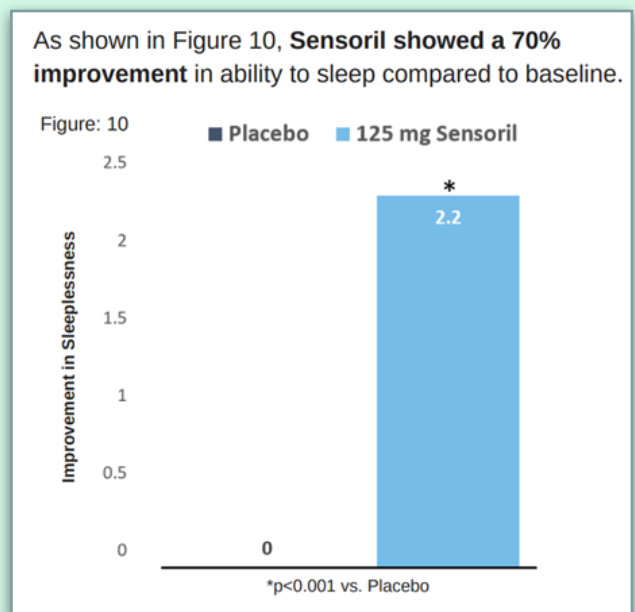
5 mg Melatonin (1 mg from MicroActive® extended-release Melatonin) helps you fall asleep and stay asleep all night long. CTFO combines immediate-release melatonin to get you to sleep with extended-release melatonin for approximately 7 hours of healthy sleep support.

Dissolution studies show that MicroActive® Melatonin delivers 40% of the dose at 1 hour, a gradual release of 60% of the remaining dose over the next 6 hours.

Sensoril(R) Ashwagandha 125mgs:

In a double-blind randomized, placebo-controlled study significantly reduces stress-related parameters in chronically stressed humans. For the relief of occasional sleeplessness • Reduces occasional fatigue • Improves feelings of occasional fatigue.

<https://natreoninc.com/wp-content/uploads/2021/10/for-print-final-sensoril-whitepaper.pdf>



Vitamin B-6 & Medicinal Plants & Melatonin

Vitamin B-6 (Pyridoxine HCL) 10mg: The conclusion of a pilot study published on suggests that the combination of melatonin, vitamin B6, and medicinal plants may be beneficial in mild-to-moderate insomnia. <https://www.sciencedirect.com/science/article/abs/pii/S0965229919303711>

Medicinal Plants (Proprietary Blend) 322 mg

Valerian Root Extract, Passionflower Extract & Chamomile Extract

Valerian Root: Research has shown Valerian Root supports improved sleep and reduced stress in many people. Valerian root has been said to help people fall asleep faster and spend more time in the deep sleep stage.

Passionflower: Traditionally used to help reduce stress and support sleep.

Chamomile: Commonly regarded for its sleep-inducing and calming effects attributed to an antioxidant called apigenin, which is found in abundance in chamomile tea. Apigenin may decrease stress and help initiate sleep.



GABA (gamma aminobutyric acid) 100mg:

Supports a calming effect on neurons in the brain, calming the mind while promoting relaxation.

L-Theanine 200mg:

L-theanine is an anxiolytic—helps to reduce stress. <https://pubmed.ncbi.nlm.nih.gov/31623400>

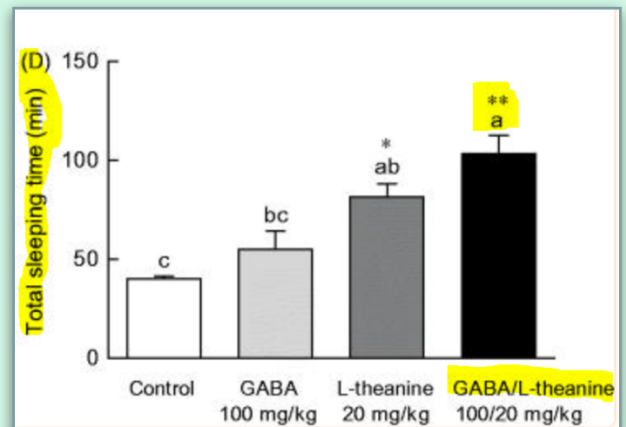
Known as a nootropic and cognitive enhancer, L-theanine supports the natural production of GABA, promoting a healthy response to stress. It increases alpha brain wave activity which can put you in a state of relaxation. <https://pubmed.ncbi.nlm.nih.gov/22203366/>

Magnesium (Citrate & Glycinate) 100mg:

Magnesium is referred to as the master mineral. It is said to be a co-factor in as many as 700 different biochemical functions in the body. Sleep-regulating melatonin production is disturbed without sufficient magnesium which can lead to insomnia.

***FDA Announces Qualified Health Claim for Magnesium & Reduced Risk of High Blood Pressure:** <https://ods.od.nih.gov/factsheets/Magmesium-HealthProfessional>

MicroActive® is a registered trademark of BioActives LLC
SENSORIL® is a registered trademark of Natreon, Inc.



CTFO's Scientific Advisory Board

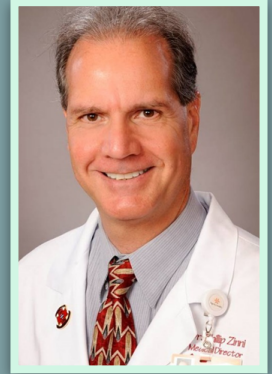
"Once again, CTFO has taken the lead to develop a product that plagues my patients daily...getting a restful restorative night's sleep! The key to transforming and healing the body is restorative sleep.

For years I've recommended all of the SEPARATE ingredients to my patients to attain sleep from a non-addictive, non-pharmaceutical prescription medicine. BRAVO to CTFO, for we now have ALL of the OTC ingredients blended synergistically, using our proprietary 10xPURE™ delivery system, in one, non-addictive, non-prescription formulation. Available to anyone!"

Phillip Zinni III, DO, FAOASM, ATC

Functional & Regenerative Medicine Chief Medical Officer/Co-Owner

THE INDUSTRIAL ATHLETE



"SLEEP ALL NIGHT is for the person who wants a FULL night of quality sleep. 1/3 of adult Americans experience difficulty with sleep, robbing them of productivity and increasing their risk of hypertension and mood disorders. CTFO's proprietary synergistic combination of researched and studied ingredients will help you get to sleep, keep you asleep, and help you wake up energized and ready to go."

Steven Trobiani, MD,

Board Certified Neurologist with Northstar Pain Care & Neurological Clinic

"Not being able to sleep affects every part of a person's life and not in a good way! Lack of sleep impairs your daytime performance and enjoyment of life while also impairing your immune function and nighttime cellular rejuvenation.

While it is always important to holistically assess for possible causes of insomnia, like hormonal issues or sleep apnea, the most common cause of sleep disorders is stress. Stress management techniques, such as progressive relaxation or meditation are important but often not enough.

In over 36 years of practice, I have used many nutritional and herbal supplements, as single nutrients or in combination, with good success. SLEEP ALL NIGHT includes my "go-to's" as well as my "secret" of combining rapid release melatonin with extended release for those who can get to sleep but don't stay asleep. This is a comprehensive sleep supplement that covers all the bases. I will definitely be adding it to my toolbox for insomnia!"

Robban A. Sica, MD

The Center for the Healing Arts, PC in Orange, CT. Integrative practice of natural & alternative medicine



*This product is not for use by or sale to persons under the age of 18. This product should be used only as directed on the label. It should not be used if you are pregnant or nursing. Consult with a physician before use if you have a serious medical condition or use prescription medications. A Doctor's advice should be sought before using this and any supplemental dietary product. CBD products not for sale in states where prohibited by law. All trademarks and copyrights are property of their respective owners and are not affiliated with nor do they endorse this product. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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