



# DREM

## Sleep Aid



Whole Body



Hormone



Brain

## KEY INDICATIONS

- Difficulty falling asleep or prolonged sleep latency
- Frequent nighttime waking
- Stress-related insomnia or racing thoughts at night
- Circadian rhythm disruption or delayed sleep phase
- Non-restorative sleep with daytime fatigue
- Nervous system hyperarousal or difficulty relaxing before sleep
- Sleep disturbance associated with adrenal stress
- Mood-related sleep disruption

## HOW IT WORKS

DREM supports restorative sleep by promoting balanced neurotransmitter signaling and circadian rhythm regulation. The formula supports serotonin production and its downstream conversion to melatonin, helping regulate the body's natural sleep-wake cycle. It also supports inhibitory neurotransmitter pathways that calm excessive neuronal firing and reduce nighttime nervous system activation. By helping regulate stress-related signaling within the autonomic nervous system, DREM promotes smoother sleep onset, improved sleep continuity, and deeper, more restorative sleep cycles.

## CLINICAL PEARLS

- Combine with **N3 – Relaxa** when difficulty falling asleep reflects low serotonin availability.
- Pair with **CalmGenic** when racing thoughts or nervous tension prevent sleep onset.
- Use **Ga – Adrenal** earlier in the day when cortisol disruption affects sleep.
- Therapeutic dosing suggested for persistent insomnia or stress-related sleep disruption.



## SUPPLEMENT FACTS

Serving Size: 1 capsule  
Servings Per Container: 60

	Amount Per Serving	%DV
Vit B6 (Pyridoxine HCl)	4.5mg	265%
Vit B5 (Pantothenic Acid)	5.6mg	112%
Calcium (Carbonate, Pantothenate, Ascorbate)	10mg	1%
Melatonin	5mg	*
Proprietary Blend	485mg	*
Astragalus (Root); L-Tryptophan; Passion Flower (Herb); St. John's Wort (Herb); Cat's Claw; Stevia (Leaves); Tayuya (Root); Devil's Claw (Herb); Valerian Root (Extract); Lecithin; Licorice (Root); G.A.B.A.; Kava Kava (Extract); Calcium Ascorbate; L-Glutamic Acid; 5-HTP		

\*Daily Value not established.

Other Ingredients: Gelatin and Leucine.

## INSTRUCTIONS

Maintenance dose: 1 capsule in evening

Therapeutic dose: 2 capsules in evening

## KEY INGREDIENTS & BENEFITS

**Vitamin B6, Vitamin B5, Calcium, Melatonin:** Support neurotransmitter synthesis, adrenal function, and circadian rhythm regulation. These nutrients promote relaxation, balanced stress response, and restorative sleep essential for neurological and hormonal health.

**Astragalus, Cat's Claw, Tayuya, Licorice:** Provide adaptogenic and immune-modulating support. These botanicals help regulate inflammation, strengthen resilience, and support recovery during periods of stress and fatigue.

**Passion Flower, Valerian Root, GABA, L-Tryptophan, 5-HTP:** Promote calming neurotransmitter activity and relaxation. This synergistic blend supports GABAergic pathways and serotonin production to encourage restful sleep and emotional balance.

**St. John's Wort, Lecithin, L-Glutamic Acid, Calcium Ascorbate, Stevia, Devil's Claw:** Support mood balance, cognitive function, and antioxidant activity while contributing to nervous system stability and overall wellness.

## ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO
- Gluten Free

## SAFETY & CONTRAINDICATIONS

- The safety of this formula during pregnancy and lactation has not been established; therefore, use should be strictly guided by a qualified healthcare practitioner.
- Not recommended for children under 12.
- Avoid driving or operating machinery after consumption as melatonin and calming botanicals may cause drowsiness.
- Individuals taking antidepressants (SSRIs, MAOIs) or medications metabolized by the CYP3A4 pathway—such as oral contraceptives or anticoagulants—should consult a practitioner due to St. John's Wort and serotonin-supportive ingredients.
- Use caution when combining with sedative medications and discontinue use at least two weeks prior to elective surgery to avoid potential interactions with anesthesia.

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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.



SYSTEMIC FORMULAS INC