

Sleep Support Protocol

Natural sleep support isn't about sedation — it's about restoring rhythm. When light exposure is balanced, minerals are replete, blood sugar is stable, and stress chemistry settles, the nervous system shifts from vigilance to repair. Nutrients like magnesium, glycine, butyrate, and calming amino acids support GABA tone; steady circadian cues support melatonin signaling; and a resilient gut ecosystem helps quiet nighttime inflammation. Sleep then emerges not as a forced event, but as the body's natural response to safety, balance, and metabolic readiness.

PRODUCT	DOSING/INSTRUCTIONS
Neuro μBiomic	2 capsules daily
Neuro Superfood	1 scoop daily within 4 hours of Neuro μBiomic
DREM	1-2 capsules, 30 minutes before bed
N3 – Relaxa	2 capsules 30 minutes before bed
CalmGenic	2 capsules – 30 min before bed with starch or carbohydrate

**Unless otherwise specified, products without designated dosing times may be taken with or without food based on patient tolerance.*

→ **Neuro μBiomic:** Delivers psychobiotics producing neuroactive compounds, strengthening gut–brain signaling, reducing stress inflammation, and supporting mood regulation for restorative sleep.

→ **Neuro Superfood:** Provides prebiotic fibers and phytonutrients that nourish beneficial microbes in Neuro μBiomic to support neurotransmitter precursors, regulate inflammation, and promote circadian stability and restorative sleep.

→ **DREM:** Supports sleep through melatonin signaling, B-vitamins, serotonin precursors, calming botanicals, and adaptogens that reduce stress-related wakefulness.

→ **N3 – Relaxa:** Combines nervine botanicals and amino acids to calm inflammation, balance neurotransmitters, ease tension, enhance resilience, and promote restorative sleep.

→ **CalmGenic:** Blends adaptogens, methylation cofactors, and neurotransmitter precursors to balance cortisol, enhance GABA and serotonin pathways, and deepen restorative sleep.

Last Updated: 2/19/26



1.800.445.4647
systemicformulas.com

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Sleep Support Protocol: Additional Support Products to Consider

PRODUCT	MECHANISM/FOCUS	CLINICAL CUE	WHEN TO USE
ElectroGenic 1 scoop daily in 8 oz liquid	Provides electrolytes and ketones that stabilize neuronal energy, support metabolic flexibility, reduce nocturnal glucose, and promote physiologic readiness for sleep.	Nocturnal glucose swings, nighttime cortisol elevation, electrolyte depletion, palpitations, low HRV, or ketogenic adaptation stress disrupting sleep stability.	Use for persistent sleep delay or nighttime instability linked to metabolic stress, inadequate ketosis, or increased mineral demand despite primary sleep support.
GlucoGenic 1 capsule twice daily with food	Stabilizes nighttime glucose and insulin signaling, reduces stress-hormone activation, supports metabolic genes, and promotes physiologic conditions necessary for restorative sleep.	Nighttime blood sugar instability and stress hormone imbalance disrupt sleep, causing early waking, insulin resistance, and nonrestorative rest.	Use for early morning waking, nighttime hunger, or sleep disruption during metabolic stress when primary calming or circadian support proves insufficient.
OrganGenic 2 capsules 3 times daily with food	Provides glandular DNA/RNA, amino acids, and micronutrients supporting adrenal, thyroid, and neuroendocrine repair needed for restorative sleep recovery in depletion states.	Persistent non-restorative sleep, morning exhaustion, low blood pressure, dizziness, or low cortisol pattern suggesting adrenal and endocrine depletion.	Add when calming or circadian sleep support improves initiation but restorative depth, morning energy, and physiologic recovery remain poor.
Collagen ECM 1 scoop before bed mixed with 8 oz liquid	Provides glycine-rich collagen peptides that support inhibitory neurotransmission, enhance tryptophan utilization, calm nighttime physiology, and promote deeper, more restorative sleep architecture.	Low glycine availability, elevated evening cortisol, impaired deep sleep metrics, connective tissue loss, or inflammatory burden suggesting reduced nighttime repair capacity.	Nighttime hyperarousal with frequent waking, elevated stress, inflammation, and possible protein, glycine, or connective tissue depletion despite standard support.
MIN 1 capsule twice daily with food	Provides magnesium and trace minerals that calm neuronal excitability, support GABA and melatonin signaling, stabilize cortisol rhythm, and reduce nighttime restlessness.	Low HRV / sympathetic dominance, low magnesium, elevated evening cortisol, nocturnal hypoglycemia, Low vitamin D (often parallels mineral depletion).	Trouble falling asleep, restlessness or nighttime muscle tension, stress depletion or adrenal dysregulation, history of mineral deficiency, cramps, or anxiety.

