

BABUNA SLEEP



Babuna Sleep is an extract produced from the flower of *Matricaria recutita*, commonly known as chamomile. Nutramedix utilizes a proprietary extraction and enhancement process that makes this product far more effective than any other chamomile product available. Babuna was approved as a medicine in Ecuador in early 2006.

Primary Uses of Babuna Sleep:

- SEDATIVE
- INDUCES RESTFUL SLEEP
- DIGESTIVE

Azulene, one of the active natural substances found in Babuna, has been shown to inhibit histamine release and to regulate the effect of serotonin. Serotonin is a multi-role neurotransmitter that the body produces in the brain and other nervous tissue. One of the important functions of serotonin is to slow down nerve traffic and induce normal sleep. The inability to sleep is often caused by a serotonin deficiency. Via the proprietary process used to produce Babuna, this remedy has been designed to improve serotonin function and therefore improve sleep.

Babuna is also beneficial for those that are not having difficulties sleeping. Babuna can help induce longer periods of deep restful sleep, while reducing shallow phase 2 sleep. Many users of Babuna report that they are able to sleep as much as 2 to 3 hours less on nights that they take Babuna than they normally do and still feel refreshed. In short, Babuna can cause sleep time to be much more efficient.

In June 2005, a study measuring the sedative effect of Nutramedix Babuna was conducted on laboratory rodents in Ecuador at the University of Guayaquil. Babuna was found to statistically have the same sedative effect as the pharmaceutical Diazepam (Valium).

In September, 2005 a clinical study was conducted in Guayaquil, Ecuador: THE TREATMENT OF INSOMNIA IN PATIENTS AT 4 HOSPITALS IN GUAYAQUIL, ECUADOR, USING TWO NOVEL HERBAL EXTRACTS: A DOUBLE BLIND, RANDOMIZED, MULTIPLE CROSSOVER, PLACEBO-CONTROLLED, MULTICENTER STUDY. The study shows that Babuna was effective for 68.8% of the patients.

The “German Commission E” reports that there are no known contraindications, no known side effects and no known interactions with other drugs when using chamomile products like Babuna. However, the pharmaceutical Valium can cause a long list of adverse reactions and there are many cases of death reported by overdose. In May 2005, toxicology studies were conducted on Nutramedix Babuna at the University of Guayaquil, Ecuador. No toxic effects were reported, even when laboratory rodents received over 300,000 times the equivalent human dose.

Reported properties of chamomile products like Babuna Sleep are:

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| • ANALGESIC | • ANTINEOPLASTIC | • ASTRINGENT |
| • ANODYNE | • ANTIOXIDANT | • CARMINATIVE |
| • ANTIALLERGIC | • ANTIPHLOGISTIC | • CHOLERETIC |
| • ANTIBACTERIAL | • ANTISEPTIC | • DIAPHORETIC |
| • ANTIDEPRESSANT | • ANTISPASMODIC | • LAXATIVE |
| • ANTIFUNGAL | • ANTIULCER | • MUSCULOTROPIC |
| • ANTI-INFLAMMATORY | • ANTIVIRAL | • NERVINE |

