

BABUNA

CHAMOMILE SLEEP SUPPORT

FOR RESOLVING SLEEP ISSUES –
INDUCES RESTFUL SLEEP



PRODUCT DESCRIPTION

BABUNA is an extract produced from the flower of *Matricaria recutita*, commonly known as chamomile. 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.

RESEARCH

In June 2005, an Ecuadorian study measuring the sedative effect of **NUTRAMEDIX BABUNA** was conducted on laboratory rodents. **BABUNA** was found to statistically have the same sedative effect as the pharmaceutical Diazepam (Valium).

Allende, S, "Establishment of the potential sedative effect of the product known as **BABUNA**, originating from NutraMedix Laboratories, LLC. Florida, United States," Universidad de Guayaquil Department of Chemical Sciences, Final Report, 08/05/05

In September, 2005 a clinical study was conducted in Guayaquil, Ecuador on patients suffering from insomnia. The effects of insomnia can range from simple irritability to hallucinations. Over a three week period, the study showed that Babuna was effective for aiding sleep in 68.8% of the patients.

"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." Data collected at the Hospitales del Dia between September 5th and 9th of 2005.

SUGGESTED DOSAGE

Restless Sleep: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take at bedtime.

Severe Restless Sleep: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every 30 minutes beginning 2 hours before bedtime for 5 nights.

Mild Stress: Put 10 drops in 4 oz. of water and wait one minute. Take 2 to 4 times per day.

Moderate to Severe Stress: Put 10 to 15 drops in at least 2 oz. of water. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

Various Reported Medicinal Properties of Babuna:

- Analgesic
- Anodyne
- Antiallergic
- Antibacterial
- Antidepressant
- Antifungal
- Anti-inflammatory
- Antineoplastic
- Antioxidant
- Antiphlogistic
- Antiseptic
- Antispasmodic
- Antiulcer
- Antiviral
- Astringent
- Carminative
- Choloretic
- Diaphoretic
- Laxative
- Musculotropic
- Nervine