

SleepMaiz Pro – Helps Improve Sleep Quality Melatonin-Free

About SleepMaiz Pro

- Maizinol is a proprietary extract sourced from non-GMO young corn leaves that supports quality sleep and a healthy mood balance. It is a non-habit-forming, plant-based approach to a restful night's sleep, providing the benefits of melatonin without needing to take melatonin. Maizinol is standardized to provide 0.2% 6-methoxybenzoxazolinone (6-MBOA). This compound binds to melatonin receptors, which allows it to stimulate melatonin and serotonin systems, and support both sleep- and mood-related hormones.¹
- Maizinol works with the body's natural sleep-wake cycle by mimicking melatonin, but without the risk of daytime sleepiness.^{1,2} Clinical trials show that Maizinol helps support better sleep quality and a healthy mood balance. It also helps reduce cortisol, a biomarker of physical stress that can disrupt sleep.¹

How to Use SleepMaiz Pro

- Take 2 capsules once per day or as directed by a health care practitioner.
For sleep: Take 60 minutes prior to bedtime or as directed by a health care practitioner. **All uses:** Consult a health care practitioner for use beyond 4 weeks.

Cautions and Contraindications

- Consult a health care practitioner if you have been diagnosed with a severe sleep disorder. Consult a health care practitioner if you are pregnant or breastfeeding. Consult a health care practitioner if you are currently taking any medications or stimulants. Consult a health care practitioner if your symptoms persist or worsen. **For mood support:** If you suffer from any psychological disorder and/or condition such as anxiety or depression, consult a health care practitioner prior to use. Keep out of reach of children.

Drug Interactions

- There are no currently known drug interactions with Maizinol. Maizinol is sourced from the immature leaves of the *Zea mays* plant and is generally well tolerated, though safety in pregnancy and breastfeeding has not been established.

Quick Tips for Optimal Health

- ☐ Try to get an optimal amount of sleep. The Canadian 24-hour Movement Guidelines for Adults recommend 7–9 hours of sleep per night for adults aged 18–64, and 7–8 hours for adults 65 and older.³
- ☐ Try to keep a consistent sleep schedule, even on weekends. This helps reinforce your body's circadian rhythm, which helps with daytime alertness and nighttime sleep. An atypical work and sleep schedule that is not aligned with outward cycles of light and dark can negatively affect sleep.⁴
- ☐ Cultivate a bedtime routine lasting 30–60 minutes before your ideal bedtime. Having a wind-down routine for yourself, and not just for children, allows you to peacefully transition from the busyness of daytime activities to the relaxation of sleep. Soothing music, gentle stretching and breathing exercises, or a warm bath or shower, may all assist in transitioning to sleep.⁵
- ☐ Facilitate healthy sleep by exercising regularly. Keep vigorous exercise to earlier in the day, and use stretching and breathing exercises in the evening.⁵
- ☐ Limit caffeine consumption to the morning hours, as its effects may persist for a few hours and affect sound sleep if consumed later in the day.⁶
- ☐ Avoid alcohol and large meals close to bedtime, as they may negatively affect sleep.⁵
- ☐ Regulate light and sound for better sleep. Turning down the lights before bed may also facilitate sleep. Bright lighting and blue light from electronic screens can delay natural melatonin release, keeping you up later at night. Consider blackout curtains or an eye mask to help block out ambient light, and white noise or ear plugs to block out ambient sound.⁵
- ☐ Make your bedroom as comfortable as possible – including the mattress, pillows, and blankets. The more comfortable you are, the easier it will be to sleep. Make sure your bedroom isn't too warm, as a cooler bedroom promotes sleep.

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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2. Yimam, M., Jiao, P., Hong, M., et al. (2018). Effect of UP165, a *Zea mays* leaf extract standardized for 6-methoxybenzoxazolinone, as sleep adjunct. *Pharmacogn Res*, 10, 156-60.
3. Wang, C., Colley, R.C., Roberts, K.C., et al. (2022). Sleep behaviours among Canadian adults: Findings from the 2020 Canadian Community Health Survey healthy living rapid response module. Statistics Canada. Retrieved from <https://www150.statcan.gc.ca/n1/pub/82-003-x/2022003/article/00001-eng.htm>
4. Jehan, S., Zizi, F., Pandi-Perumal, S.R., et al. (2017). Shift work and sleep: Medical implications and management. *Sleep Med Disord*, 1(2), 00008.
5. Urbanová, L., Sebalo Vňuková, M., Anders, M., et al. (2023). The updating and individualizing of sleep hygiene rules for non-clinical adult populations. *Prague Med Rep*, 124(4), 329-43.
6. Temple, J.L., Bernard, C., Lipshultz, S.E., et al. (2017). The safety of ingested caffeine: A comprehensive review. *Front Psychiatr*, 8, 80.