

Fact Sheet



KYMA™ SLEEP

- Calming and relaxing to the body and mind
- Fall asleep quickly
- Improves quality of sleep and sleep time
- No daytime grogginess
- Small doses ease daytime anxiety

KyMa™ is ideal for anyone who has trouble falling asleep or staying asleep. Whether sleep difficulties are due to inconsistent schedules, crazy work or play hours, or something on your mind, KyMa™ can help.

KyMa™ includes western herbs, such as valerian and chamomile, which are historically known for relaxation and sleep, along with Chinese herbs that “calm the spirit”—quiet the mind and relax the body. Use of these gentle, natural herbs decreases the time needed to fall asleep, increases the ability to stay asleep, while avoiding the hangover effect seen with some other medications.

Zoi Medicinals™ tinctures are alcohol (27%) and vegetable glycerin (10%) extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

How to use KyMa™

- Use standard dose one hour prior to bedtime.
- Use 2-3 droppers full upon waking in the night to go back to sleep.
- Use 1 dropper full during the day for mild anxiety and/or tension.

Dosage

Liquid tinctures are rapidly absorbed by the body and may be taken directly by mouth or in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.5%.

The standard, adult dose is three droppers full (1.5 ml) at bedtime, and 2-3 droppers full upon waking, or as directed by your health care professional. A dropper full is drawn by full compression of the dropper bulb (the dropper may not appear “full”).

- Standard adult dose (100-150 lb) – 3 droppers full (1.5 ml), prior to bed.
- Standard adult dose (>150 lb) – 4 droppers full (2.0 ml), prior to bed.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), prior to bed.

Cautions

- Causes drowsiness.
- Consult a medical professional if pregnant or breastfeeding.
- Not to exceed five droppers full at a time.
- Discontinue use if any new symptoms appear, including symptoms of allergic reaction.
- If experiencing minor headache or digestive discomfort, reduce the dosage to ⅓ of starting dose. Gradually

increase the dosage each day until you reach to the desired dosage.

- Every body is different and herbs alter internal processes, so your best dosage may change while you're using the product or between uses (always stay within the recommended dosage range).

Biomedical Details

KyMa™ is comprised of Chinese and western herbs traditionally known for inducing, and improving the quality of sleep. Current biomedical research is showing some clinical and laboratory support for these functions.

A systematic review of valerian research found it to have a statistically significant effect on **improving sleep quality**, and a trend favoring a **decrease in the time needed to fall asleep without a hangover effect** (next-day drowsiness or grogginess). Several studies have shown that components of valerian inhibit the breakdown of gamma-aminobutyric acid (GABA) in the brain, decreasing central nervous system activity and inducing sedation in mice (1). Chamomile has also been shown to have sedative properties, increasing the quality of sleep, decreasing the amount of time needed to fall asleep, decreasing the number of nighttime awakenings, and decreasing daytime fatigue (2, 3). Studies have shown jujube seeds to significantly **increase total sleep time** (4). Schisandra extracts have exhibited sedative and hypnotic activities in mice and rats, including significantly inhibiting motor activity, prolonging sleeping time and reducing sleep latency (5). A component of gastrodia has been shown to significantly decrease motor activity and increase sleep times in mice (6).*

Ingredients & Traditional Chinese Medicine View

- **Xie Cao (Valerian Root, *Valeriana officinalis*)** is warm and enters the LIV and HT channels; induces tranquilization, stops bleeding and alleviates pain.
- **Huang Chu Ju (Chamomile Flower, *Matricaria recutita*)** enters the LU, HT and ST channels; moves Qi, tonifies the Liver, stops pain, strengthens stomach, releases Exterior,

- clears Heat, stops cough, moves Blood and calms Shen.
- **Suan Zao Ren (Sour Jujube Seed, *Zizyphus spinosae*)** is neutral and enters the GB, HT, LIV, and SP channels; nourishes Heart Yin, tonifies Liver Blood, calms the spirit, astringes sweat and generates fluids.
- **Da Zao (Jujube, Chinese Date, *Ziziphus jujube*)** is warm and enters the SP and ST channels; tonifies the Spleen and Stomach, augments Qi, and nourishes Blood and calms the Spirit.
- **Tian Ma (Gastrodia Rhizome, *Gastrodia elata*)** is neutral and enters the LIV channel; extinguishes Wind, calms the Liver, stops spasms and tremors, subdues rising Liver Yang, alleviates pain and disperses Wind-Damp Bi.
- **Wu Wei Zi (Schisandra Fruit, *Fructus schisandrae*)** is warm, enters the HT, KI and LU channels and all five Zang organs; tonifies Qi, astringes Lung Qi leakage and stops coughing, tonifies Kidney and bind Essence, astringes sweat and generates fluids, quiets the Spirit, and calms and contains Heart Qi.

References

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***This product is not intended to diagnose, treat, cure, or prevent any disease.**