



DR JANELLE SINCLAIR

SUPPLEMENT GUIDE

REAL RELIEF FOR SLEEP

REAL RELIEF FOR SLEEP Supplement Guide

by Dr Janelle Sinclair, biochemist (PhD) & functional medicine practitioner.

This supplement guide is for use alongside the Real Relief Sleep Masterclass Course.

Different product options are provided below depending on your budget, and desire for top quality products. IHerb is a US based company that ships around the world, and offers a broad range of high quality and cost effective options. The doses provide therapeutic levels specifically for adults and are often specific dosages for mental health. These suggestions are for Real Relief participants only. If you are sensitive to products, start on low doses and start one at a time. Please note that product recommendations below may contain affiliate links. This information is strictly for Real Relief participants only, and should not be redistributed.

Supplements for children, pregnancy, breastfeeding and alongside medications

- The supplement dosages recommended within this document course are for **adults over the age of 18** and are not appropriate for children, or anyone that is pregnant or breastfeeding.
- For those that are **pregnant or breastfeeding** please carefully read the details in the comments, precautions, and always talk to a health practitioner before starting supplements.
- The supplements listed below are safe alongside antidepressant and anti-anxiety medications.
- We have endeavoured to list common supplement and medication interactions in the document below. However, if you are on **medication for cancer, epilepsy, malaria, osteoporosis, HIV, heart conditions or blood pressure, or on an antibiotic** then please talk to your doctor before starting any of the supplements listed below. These medications regularly interact with supplements and the interactions with these medications are not listed below.
- This is not an all-inclusive comprehensive list of potential interactions and is for informational purposes only. Not all interactions are known or well reported in the scientific literature, and new interactions are continually being reported.

Disclaimer

The content contained in this document is strictly the opinion of Dr Janelle Sinclair, and is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of medical advice or treatment from a personal physician. It does not create a doctor-patient relationship between Dr Sinclair and you. Dr Janelle nor Conscious Health Ltd are not liable or responsible for any possible health consequences of any person or persons reading or following the information in this educational content. All viewers of this content should seek advice from a physician or qualified health provider with any questions you may have regarding a medical condition or interactions of supplements with medications. Dr Janelle Sinclair received her PhD in biochemistry from the University of Basel, Switzerland in 2003. Her use of "doctor" or "Dr." in relation to herself solely refers to that degree. Dr Janelle is a licensed natural health practitioner in New Zealand.

Module 1: Introduction

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	BEFORE SLEEP	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
MAGNESIUM Avoid using alongside sulfonylureas medication. Take in the morning for anxiety and/or at night for poor sleep. If you get a tummy upset reduce the dose. The upper limit for magnesium during pregnancy & breastfeeding is 350mg per day.				
Option 1: Natural Factors Magnesium Bisglycinate (Powder) https://iherb.co/uJ64pvR	High Quality Retail Product	1/2 scoop in water or juice	1 scoop in water or juice	1 scoop = 200mg of magnesium During pregnancy and breastfeeding limit to 1.5 scoops per day.
Option 2: NOW Magnesium Glycinate (Tabs) https://iherb.co/uJ64pvR	Cost Effective Product	1 tab	2 tabs	2 tabs = 200mg of magnesium During pregnancy and breastfeeding limit to 3 tabs per day.
Option 3: Seeking Health Optimal Magnesium (Caps) https://bit.ly/2HoPwY1	High Quality Retail Product		2 caps	2 caps = 300mg of magnesium During pregnancy and breastfeeding limit to 2 capsules per day.
MELATONIN If on diabetes medication or medication to lower blood pressure use with caution. Monitor medication needs and reduce if necessary. This supplement may mean you require less medication. If you are breastfeeding or pregnant talk to your doctor before taking melatonin. In some countries melatonin requires a prescription from a medical doctor.				
Option 1: Thorne Melaton-3 or Melaton-5 https://iherb.co/uJ64pvR	High Quality Practitioner Product		1 cap	1 cap = 3mg or 5mg of melatonin depending on the product.

Module 2: Medications, Health Conditions & Deficiencies

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
METHYLSULPHONYLMETHANE (MSM) There are no known drug interactions for MSM. There is insufficient reliable information available for use during pregnancy and breastfeeding; avoid using.			
Option 1: Natural Standards MSM (1000mg caps) https://iherb.co/uJ64pvR	High Quality Retail Product	1-2 caps two to three times per day with meals	1 cap = 1000mg of MSM
Option 2: Carlson Labs MSM (1000mg caps) https://iherb.co/uJ64pvR	High Quality Retail Product	1-2 caps two to three times per day with meals	1 cap = 1000mg of MSM
POTASSIUM Do not take potassium supplements if you are on blood pressure medication, a diuretic or on any heart medications. Do not take this product while breastfeeding or pregnant. Increase your potassium intake using food. Eg. coconut water.			
Option 1: Seeking Health Optimal Electrolyte https://bit.ly/2Ysi1gE	High Quality Retail Product	1-2 scoops per day	1 scoop = 510mg of potassium and 150mg of magnesium.
Option 2: NOW Potassium Citrate Pure Powder https://iherb.co/uJ64pvR	Cost Effective Product	1/4 teaspoons once or twice per day	¼ teaspoon = 448mg of potassium

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
VITAMIN D3 & K2			
Your vitamin D dose will depend on blood test results. Use vitamin D cautiously if you take blood thinners, atorvastatin, calcipotriene, diuretics, or heart medication. The upper limit for Vitamin D3 during pregnancy & breastfeeding is 4000IU per day.			
Option 1: Carlson Labs, Liquid Vitamins, Super Daily D3+K2 https://iherb.co/uJ64pvR	High Quality Retail Product	2-5 drops daily	4 drops= 4000IU Vitamin D3 & 90mcg Vitamin K2. During pregnancy and breastfeeding limit this product to a maximum of 4 drops per day
HIGH STRENGTH VITAMIN D3 SUPPLEMENTS			
Option 1: Sports Research, Vitamin K2 + D3 https://iherb.co/uJ64pvR	Retail Product	1 capsule	1 capsule= 5000IU Vitamin D3 & 100 mcg Vitamin K2 Do not take this product while breastfeeding or pregnant.
Option 2: Seeking Health D3 + K2 Capsules https://bit.ly/2K9f2RU	High Quality Retail Product	1 capsule	1 capsule= 5000IU Vitamin D3 & 100 mcg Vitamin K2 Do not take this product while breastfeeding or pregnant.

Module 4: Dietary Guidelines for Sleep

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
CHROMIUM If on diabetes medication use with caution. Monitor medication needs and reduce if necessary. This supplement may mean you require less medication, as your body becomes more efficient at carbohydrate metabolism. Avoid using alongside thyroid medication. Do not take high dose chromium while breastfeeding or pregnant. Consider taking a high-quality prenatal multivitamin instead with a lower dose of chromium.			
Option 1: Thorne Chromium Picolinate https://iherb.co/uJ64pvR	High Quality Practitioner Product	1 cap	1 cap = 500mcg of chromium
Option 2: NOW Tri-Chromium https://iherb.co/uJ64pvR	Cost Effective Product	1 cap	1 cap = 500mcg of chromium
COLLAGEN POWDER			
Sports Research, Collagen Peptides, Hydrolyzed Type I & III Collagen, Vanilla https://iherb.co/uJ64pvR	High Quality Retail Product	2-4 tablespoons once or twice per day	2 rounded tablespoons equates to 12 grams of protein. During pregnancy & breastfeeding limit to 2 tablespoons per day.

Module 5: Hormonal Imbalances

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	30 MIN BEFORE BED	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
STRESS & ELEVATED CORTISOL				
ASHWAGANDHA				
Talk to your doctor or pharmacist before taking ashwagandha with blood pressure and diabetic medications. There is insufficient reliable information available for use during pregnancy and breastfeeding; avoid using.				
Gaia Herbs, Ashwagandha Root, 60 Vegan Liquid Phyto-Caps https://iherb.co/uJ64pvR	High Quality Retail Product	1 cap	1 cap	1 cap = 350 mg of Ashwagandha extract
PHOSPHATIDYLSERINE				
There are no known drug interactions for phosphatidylserine. There is insufficient reliable information available for use during pregnancy and breastfeeding; avoid using.				
Jarrow Formulas, PS100, Phosphatidylserine, 100 mg (Softgels) https://iherb.co/uJ64pvR	Cost effective Retail Product		2 caps	1 cap = 100mg phosphatidylserine
PROGESTERONE DEFICIENCY				
GABA				
If on medication for high blood pressure use with caution. Monitor medication needs and reduce if necessary. This supplement may mean you require less medication, as GABA may help lower blood pressure. There is insufficient reliable information available for use during pregnancy and breastfeeding; avoid using.				
Option 1: Superior Source, GABA, 100 mg, 100 MicroLingual Instant Dissolve Tablets https://iherb.co/uJ64pvR	Cost effective Retail Product		Dissolve 1 tablet under the tongue	1 tablet = 100mg

SUPPLEMENT	TYPE OF PRODUCT	AFTER BREAKFAST	30 MIN BEFORE BED	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
Option 2: Thorne PharmaGABA-250 https://iherb.co/uJ64pvR	High Quality Practitioner Product		Open the content of 1/3-2 caps directly on to the tongue*	1 capsule = 250mg *start on a low dose and increase slowly to see what dosage is optimal. Reduce the dose if you wake up tired and groggy the next day.
CHASTEBERRY				
Do not take chasteberry herbs if you are on the oral contraceptive pill, estrogen therapy, dopamine agonists or metoclopramide. Do not take if you are breastfeeding or pregnant.				
Gaia Herbs, Vitex Berry for Women, 60 Vegan Liquid Phyto-Caps https://iherb.co/uJ64pvR	High Quality Retail Product	2 caps		2 caps = 1000mg of chasteberry berry (fruit) extract
NATURAL PROGESTERONE CREAM				
There are no known drug interactions for natural progesterone. In some countries progesterone requires a prescription from a medical doctor. Do not take progesterone if you are pregnant. Only take while breastfeeding if under the guidance of a suitably qualified health practitioner.				
Option 1: Metabolic Maintenance, Natural Progeste Cream https://iherb.co/uJ64pvR	High Quality Practitioner Product	1 pump once or twice daily from day 14-26 of your menstrual cycle*		1 full pump= 1g= 20mg of progesterone *Rotate the sites of application. Apply to non-fatty non-hairy skin such as inner forearms, neck and breastbone. Do not apply to the thighs, tummy or breasts.
Option 2: Organic Excellence, Feminine Balance Therapy, Bio-Identical USP Progesterone Cream https://iherb.co/uJ64pvR	Cost Effective Product	1 pump once or twice daily from day 14-26 of your menstrual cycle*		1 pump = ¼ teaspoon= 20mg of progesterone *Rotate the sites of application. Apply to non-fatty non-hairy skin such as inner forearms, neck and breastbone. Do not apply to the thighs, tummy or breasts.

Module 6: Food Intolerances

SUPPLEMENT	TYPE OF PRODUCT	As DIRECTED	30 MIN BEFORE BED	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
HISTAMINE INTOLERANCE				
DAO ENZYME				
Consult your healthcare professional before use, especially if you are pregnant or nursing. Keep out of reach of children. Contains ingredient derived from porcine (pig). Avoid if allergic to pork or any other ingredient.				
Seeking Health, Histamine Block https://bit.ly/3Lp8b49	High Quality Retail Product	Take 1 capsule no more than 15 mins before eating histamine-rich foods*		*Take a maximum of 3 capsules daily
CHARCOAL				
Charcoal supplementation may interfere with the action of medications if taken together. Take charcoal away from all medications and supplements. Limit charcoal to short-term use as it may strip the body of beneficial minerals. Short-term use is appropriate for those breastfeeding and pregnant.				
Nature's Answer, Charcoal, Activated Purified Carbon, 280 mg https://iherb.co/uJ64pvR	Cost effective Retail Product	2 caps away from other supplements & food; up to 3 times daily		
ENTEROSGEL				
Enterosgel may interfere with the action of medications if taken together. Take enterosgel away from all medications and supplements. Short-term use is appropriate for those breastfeeding and pregnant.				
Enterosgel https://amzn.to/3uqzo0E	Retail Product	1 tablespoon 1-2 hours before or after a meal; up to 3 times daily		

SUPPLEMENT	TYPE OF PRODUCT	As DIRECTED	30 MIN BEFORE BED	COMMENTS, PRECAUTIONS, PREGNANCY & BREASTFEEDING RECOMMENDATIONS
HISTAMINE FREE PROBIOTIC There are no known drug interactions for probiotics in general. Probiotics are likely to be safe during breastfeeding and pregnancy.				
ProBiota HistaminX https://bit.ly/3JNMt9B	High Quality Retail Product		1 cap	