

SLEEP STUDY

DESIGN:

- 8 Participants
- Single-blind, IRB-approved study comparing CELLg8® SLEEP product vs. placebo
- Each participant took one product for 7 days, then crossed over to the other product
- ½ the usual recommended dose was used.

RESULTS:

- Placebo did not improve sleep in any subject
- When taking the SLEEP product, duration of sleep increased in 50 percent.
- Three of the four who felt no difference between the two products were experiencing chronic pain (none of the other subjects had chronic pain), which may have confounded the results.
- Seventy-five percent of subjects in the treatment group had a significant decrease in the number of times awakened, averaging a 50-percent improvement in awakenings.
- Seventy-five percent of subjects preferred the SLEEP product over the placebo.

