Unwind

Calm the mind. Sharpen focus. Sleep soundly.
Advanced Sleep, Calm & Nervous System Support.

60 FILM-COATED TABLETS | AUST L 524947

Vitality Solutions™ SUPPLEMENTS
Clinical expertise to elevate your health

Day and night place different demands on the body and mind. Unwind is formulated to meet both - easing anxiety, mental tension and nervous energy through the day, then supporting sleep and reducing sleeplessness at night.

Drawing on Western, Chinese and Pacific Islander herbal traditions alongside targeted nutritional support, it works with the body's natural rhythms rather than overriding them.



A synergistic blend of calming botanicals and nutrients

***Ziziphus jujuba* (ziziphus)** has been used for centuries in Chinese medicine to settle an overactive mind, ease anxiety and support sleep. It is the formula's primary sleep herb, with calming effects that extend across both waking and sleep cycles.

***Piper methysticum* (kava)** provides well-established anxiolytic activity through its kavalactones, which influence GABAergic pathways and promote a state of calm without heaviness or next-day drowsiness. Traditionally central to Pacific Islander medicine, kava helps soothe and calm nerves, and relieve mild anxiety, stress, nervous tension and restlessness, while maintaining mental clarity.

Magnolia officinalis bark contains the bioactive lignans honokiol and magnolol, with recognised stress-modulating properties. It is traditionally used in Chinese medicine to relieve digestive discomfort and bloating, addressing the digestive symptoms that often accompany nervous system dysregulation.

***Passiflora incarnata* (passionflower)** has a long history in Western herbal medicine as a gentle nervine and antispasmodic - helping relieve restlessness, nervous tension and sleeplessness, and supporting more settled sleep.

***Melissa officinalis* (lemon balm)** works in combination with passionflower, kava and ziziphus to form the formula's sleep complex. It is traditionally used in Western herbal medicine to relieve sleeplessness and disturbed or restless sleep, and to relieve digestive discomfort and indigestion.

L-Theanine promotes sustained alpha-wave activity - associated with a state of calm, alert focus. While the herbal components address anxiety and sleep, theanine helps maintain mental concentration, focus and clarity, and a composed response to stress, and helps relieve sleeplessness.

Magnesium glycinate dihydrate supports neuromuscular function and helps reduce physical tension. The glycinate form is selected for its bioavailability and gastrointestinal tolerability.

Stack me!

Formulated to work together as an integrated system. Every Vitality Solutions supplement is designed to be combined, so practitioners can build a targeted protocol from complementary products.

CLINICAL SUMMARY

- ✔ Relieves mild anxiety, stress, nervous tension and restlessness - supporting a calmer, more regulated response to stressors.
- ✔ Helps maintain mental concentration, focus and clarity.
- ✔ Relieves sleeplessness and disturbed or restless sleep, supporting more consistent sleep patterns.
- ✔ Helps relieve digestive discomfort, bloating and indigestion - commonly associated with nervous system imbalance.
- ✔ Supports healthy neuromuscular function.
- ✔ Non-sedating at therapeutic doses; non-habit forming.

© 2026 Vitality Solutions – All rights reserved.



Unwind

Calm the mind. Sharpen focus. Sleep soundly.
Advanced Sleep, Calm & Nervous System Support.

60 FILM-COATED TABLETS | AUST L 524947

Vitality Solutions™

SCAN TO VIEW OUR FULL RANGE

ACTIVE INGREDIENTS PER FILM-COATED TABLET

L-Theanine	100 mg
***Ziziphus jujuba* (ziziphus)** seed ext. dry conc. 30:1 *Equiv. dry seed 3.2 g*	106.67 mg
Piper methysticum (kava) root ext. dry conc. 20:1 *Equiv. dry root 2 g* Equiv. *kavalactones 30 mg*	100 mg
***Magnolia officinalis* bark ext. dry conc. 20:1** *Equiv. dry bark 1.5 g*	75 mg
***Passiflora incarnata* (passionflower)** *herb top flowering ext. dry conc. 20:1* *Equiv. dry herb 1.75 g*	87.5 mg
***Melissa officinalis* (lemon balm)** leaf ext. dry conc. 20:1 *Equiv. dry leaf 750 mg*	37.5 mg
Magnesium glycinate dihydrate *Equiv. elemental magnesium 25 mg*	219.3 mg

NO ADDED

Gluten, lactose, dairy, soy, yeast, artificial colours, flavours or preservatives.

DIRECTIONS FOR USE

Adults: Take 2 tablets once or twice daily with water or after food, or as recommended by your healthcare practitioner.

Store below 25°C in a cool, dry place away from direct heat and sunlight. Do not use if seal on lid has been broken.

INDICATIONS

- **L-Theanine** helps maintain mental concentration, focus and clarity. It helps relieve symptoms of stress, mild anxiety and sleeplessness.
- ***Ziziphus jujuba* (ziziphus)** is traditionally used in Chinese medicine to calm the mind and relieve symptoms of mild anxiety and sleeplessness.
- ***Piper methysticum* (kava)** is traditionally used in Pacific Islander medicine to soothe and calm nerves, and relieve symptoms of mild anxiety, stress, nervous tension, restlessness, and sleeplessness.
- ***Melissa officinalis* (lemon balm)** is traditionally used in Western herbal medicine to relieve digestive discomfort, indigestion, sleeplessness, and disturbed or restless sleep.
- ***Magnolia officinalis*** is traditionally used in Chinese medicine to relieve digestive discomfort and bloating.
- ***Passiflora incarnata* (passionflower)** is traditionally used in Western herbal medicine to relieve restlessness, nervous tension, sleeplessness and disturbed or restless sleep, and as an antispasmodic.

WARNINGS

- Not for prolonged use.
- May harm the liver.
- Not recommended for use during pregnancy or lactation.
- Adults only.
- Contains sulfites.
- If symptoms persist, seek advice from a healthcare practitioner.
- Keep out of reach of children.

HEAVY METALS TESTED | PERSONALISED MEDICINE FOR OPTIMAL HEALTH | TUMMY KIND | VEGAN FRIENDLY

Blended, manufactured and packaged in Australia. Made from quality ingredients.

PRACTITIONER SUMMARY - Mechanism of Action

Unwind *targets the GABAergic, glutamatergic and serotonergic systems through complementary mechanisms. Kavalactones (Piper methysticum) enhance GABA-A receptor activity, producing anxiolysis and centrally mediated muscle relaxation without benzodiazepine-like dependence. Honokiol and magnolol (Magnolia officinalis) modulate GABA-A and cannabinoid receptors, contributing to stress-axis regulation and smooth-muscle tone. Passiflora incarnata acts via GABAergic potentiation and monoamine oxidase inhibition; Melissa officinalis via GABA transaminase inhibition, elevating endogenous GABA. Ziziphus jujuba saponins and flavonoids modulate serotonergic and noradrenergic pathways, supporting sleep initiation and continuity. L-Theanine promotes cortical alpha-wave activity, producing alert calm without sedation. Magnesium acts as a physiological NMDA-receptor calcium antagonist, reducing neuromuscular excitability and supporting parasympathetic tone. The result is a multi-layered, non-sedating calming complex that addresses both the psychological and somatic dimensions of stress, tension and sleep disturbance.*

FOR PRACTITIONER DISPENSING ONLY. AUSTRALIA.
Customer Care or Clinical Support: **1300 848 787** | Order Online: **www.vitalitysolutions.com.au**
Vitality Supplements Pty Ltd | 43 Toolooa Street, South Gladstone QLD 4680 Australia | Trade Mark #2024676

© 2026 Vitality Solutions
All rights reserved.