

Overview

Comax Sleep Attack is an advanced sleep support supplement expertly formulated to help adults achieve relaxation, fall asleep more easily, enjoy restful sleep, and support overnight recovery. Delivered in a convenient capsule format, each serving of six capsules provides a synergistic blend of eight evidence-based ingredients that work together to address the key aspects of healthy sleep.

At its core, Comax Sleep Attack combines Magnesium Bisglycinate (providing 120 mg of elemental magnesium), L-Theanine, KSM-66® Ashwagandha Extract, Lemon Balm Extract, Apigenin, a low-dose 0.5 mg of Melatonin, Glycine, and Myo-Inositol. This carefully balanced formula is designed for individuals who experience difficulty winding down, frequent nighttime awakenings or who simply wish to optimise their natural sleep cycle without relying on stronger sedatives.

Presented in a 120-capsule bottle (20 servings), Comax Sleep Attack can be easily incorporated into any evening routine. It is suitable for vegetarians and vegans, is free from common allergens and is manufactured to the highest pharmaceutical-grade standards. Whether you want to quiet a racing mind, support deeper sleep stages or wake up feeling refreshed, Comax Sleep Attack offers targeted nutritional support for adults seeking consistent, natural sleep assistance.

Benefits

Comax Sleep Attack delivers a thoughtfully balanced blend of eight premium ingredients that work in synergy to support the body's natural processes for relaxation, easier sleep onset, deeper rest, and refreshed morning recovery. Designed for adults seeking gentle yet effective nutritional support, this advanced formula helps to calm the mind and optimise overnight restoration without causing heavy sedation.

Key benefits include:

- **Comax supports faster relaxation and easier sleep onset.** Magnesium bisglycinate, L-theanine, lemon balm extract and Apigenin help calm the nervous system and promote a peaceful state of mind, making it simpler to unwind before bed.
- **Comax promotes restful, high-quality sleep.** Glycine, low-dose melatonin (0.5 mg) and KSM-66® ashwagandha contribute to improved sleep architecture, supporting deeper sleep stages and more consistent rest throughout the night.
- **Comax helps to reduce the impact of everyday stress.** Ashwagandha and myo-inositol support a balanced stress response, while L-theanine encourages relaxed alertness without drowsiness.
- **Comax aids overnight recovery and morning freshness.** The combination of magnesium, glycine and supporting botanicals helps the body to restore itself, so you can wake up feeling more refreshed and clear-headed.

Comax Sleep Attack provides targeted nutritional support as part of a healthy lifestyle. Results may vary between individuals, and consistent use alongside good sleep habits can enhance its effectiveness.

How to use the supplement

Comax Sleep Attack is designed for regular evening use to support your body's natural relaxation process. For best results, take the full daily serving of 6 capsules, preferably 60 minutes before bedtime. This timing allows the blend of ingredients to gently promote relaxation and prepare your body for a restful night's sleep.

To optimise effectiveness, incorporate Comax Sleep Attack into a calming bedtime routine. If you experience mild stomach sensitivity, consider taking the capsules with a small amount of water or a light, non-caffeinated snack. Consistency is key: taking Comax Sleep Attack daily alongside good sleep hygiene practices can help support long-term improvements in sleep quality and overnight recovery.

For best outcomes:

1. Maintain a regular sleep schedule, going to bed and waking at similar times each day.
2. Create a relaxing pre-bedtime environment by dimming the lights, reducing screen time and avoiding caffeine or heavy meals in the evening.
3. Support the formula's action by practising simple relaxation techniques such as deep breathing or gentle stretching.

Start with the recommended dose and allow time for your body to adjust. Individual responses may vary, and the benefits of the supplement are often more noticeable when it is taken over several weeks alongside healthy lifestyle habits. Always follow the directions on the label, and consult your healthcare professional if you have any questions about incorporating this supplement into your routine.

How it works

Comax Sleep Attack is an advanced sleep support supplement, formulated with a synergistic blend of premium ingredients backed by scientific research. It is designed to promote relaxation and help you fall asleep, as well as encouraging restful sleep and aiding overnight recovery by addressing the various physiological pathways involved in healthy sleep architecture.

Stress reduction and mental calm

Ashwagandha extract (KSM-66®) is a well-researched adaptogen which helps the body to manage everyday stress and maintain balanced cortisol levels. Otherwise, these levels can interfere with rest. This is complemented by L-theanine, which promotes alpha brain wave activity associated with relaxed alertness, and lemon balm extract, which has traditionally been used to promote a calm state of mind. Apigenin interacts with GABA receptors to encourage gentle calmness.

Neuromuscular relaxation

Magnesium bisglycinate provides highly bioavailable magnesium to support normal muscle function and nervous system balance. The formula also contains 1000 mg of glycine, an amino acid that works with magnesium to promote a relaxed central nervous system and support the physiological processes that facilitate sleep onset.

Sleep onset and quality support

A low physiological dose of melatonin (0.5 mg) aligns with the body's natural circadian rhythm, signalling bedtime readiness. Myo-inositol contributes to healthy neurotransmitter signalling, helping to complement the formula's comprehensive approach to sleep maintenance and restorative rest.

Together, these ingredients provide multi-targeted support for the entire sleep cycle, from unwinding at the end of the day to achieving deeper, more satisfying rest, and waking feeling refreshed. As with any dietary supplement, Comax Sleep Attack is intended to complement, not replace, good sleep hygiene practices. Individual results may vary.

Administration

Comax Sleep Attack is designed for easy, daily use as part of your evening routine, helping you to relax, fall asleep and enjoy a restful night's sleep.

Recommended dosage

Take six capsules daily, preferably 60 minutes before bedtime. This serving provides the full, researched amounts of each ingredient:

- Magnesium Bisglycinate 600 mg (providing 120 mg elemental magnesium)
- L-Theanine 300 mg
- Ashwagandha Extract (KSM-66®) 250 mg
- Lemon Balm Extract 250 mg
- Apigenin 50 mg
- Melatonin 0.5 mg
- Glycine 1000 mg
- Myo-Inositol 300 mg

Do not exceed the recommended daily dose of six capsules.

How to use

Swallow the capsules whole with a glass of water. The product can be taken with or without food, though some individuals may prefer to take it on a relatively light stomach in the evening for optimal comfort. Consistent daily use, combined with good sleep hygiene (such as keeping your bedroom cool and dark, and reducing screen time before bed), may help to achieve the best results.

What to avoid

- **Alcohol:** Do not consume alcohol on the same evening as taking Comax Sleep Attack, as this may reduce the effectiveness of the sleep-support ingredients and increase drowsiness.
- **Caffeine and stimulants:** Limit your intake of caffeine (found in coffee, tea, and energy drinks) late in the day, as it can interfere with the natural wind-down process supported by melatonin and other calming ingredients.
- **Other sedating substances:** Do not take with other sleep aids, sedatives, or supplements that cause drowsiness without consulting a healthcare professional, as the effects may be additive.

Important notes on safety

This product contains a low physiological dose of melatonin (0.5 mg), which is intended to align with the body's natural rhythms. It is designed for short- to medium-term use as part of a balanced lifestyle. Always follow the directions on the label.

Food supplements such as Comax Sleep Attack should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Consult your healthcare professional before use if you are pregnant, breastfeeding, taking any medication or have a medical condition. Do not drive or operate machinery after taking this product.

Store in a cool, dry place below 25°C, away from direct sunlight. Keep out of reach of children.

Side effects

Comax Sleep Attack is generally well tolerated when taken as directed. The ingredients are used at moderate, researched doses and are considered safe for most healthy adults as part of a

balanced lifestyle. However, as with any dietary supplement, some individuals may experience mild side effects. These are usually short-lived and resolve when the supplement is stopped or the dose is adjusted.

Common side effects

The most frequently reported side effects are usually mild and include:

- drowsiness or daytime sleepiness (due to the calming and sleep-supporting nature of the formula, which includes melatonin, L-theanine, ashwagandha, lemon balm, apigenin and glycine);
- mild gastrointestinal discomfort, such as nausea, stomach upset, bloating, or loose stools (primarily associated with magnesium, ashwagandha, myo-inositol or glycine);
- headache or dizziness;
- vivid dreams or changes in sleep patterns (occasionally linked to low-dose melatonin).

Rare side effects

These occur less frequently and may include:

- increased appetite or mild changes in alertness (lemon balm);
- irritability or temporary fatigue;
- allergic reactions, such as skin rash or itching (possible with any herbal ingredient, though uncommon).

Serious side effects

Serious adverse events are very rare at the doses provided in Comax Sleep Attack. However, seek immediate medical attention if you experience any of the following:

- severe allergic reaction (difficulty breathing, swelling of the face/throat);
- significant changes in heart rhythm, blood pressure or breathing (extremely rare, and more likely with excessive intake or underlying conditions);
- signs of liver problems (unexplained fatigue, dark urine or yellowing of the skin or eyes), although rare with ashwagandha, isolated cases have been reported with herbal supplements.

Important notes

The combination of relaxing and sleep-supporting ingredients may enhance drowsiness, so it is essential not to drive or operate machinery after taking Comax Sleep Attack. Side effects are more likely if the product is taken with alcohol, other sedatives or more than the recommended daily dose of six capsules.

Individual responses may vary depending on sensitivity, health status and the concurrent use of medications or other supplements. If you experience any persistent or concerning symptoms, discontinue use and consult your healthcare professional. This product is not intended to diagnose, treat, cure or prevent any disease.

Food supplements should not replace a varied and balanced diet or a healthy lifestyle. Always read the label and follow the directions for use carefully.

Contraindications

Comax Sleep Attack is a carefully formulated blend of ingredients designed to promote relaxation and restful sleep. However, certain individuals should avoid this product or only use it under medical supervision due to potential risks associated with its ingredients.

- **Pregnancy and breastfeeding:** Not recommended. There is insufficient safety data on the use of ashwagandha, melatonin, lemon balm, L-theanine, glycine, apigenin and myo-inositol in these populations. Ashwagandha may stimulate the uterus, while melatonin may affect hormonal balance and ovulation. Consult your healthcare professional before use.
- **Children and adolescents under 18 years:** Contraindicated, as the product is not intended for this age group, and melatonin use requires caution in younger individuals.
- **Autoimmune disorders:** Avoid or use with caution. Ashwagandha may stimulate immune activity, which could exacerbate conditions such as rheumatoid arthritis, lupus or multiple sclerosis.
- **Thyroid disorders:** Not recommended without medical advice. Ashwagandha and lemon balm may influence thyroid hormone levels, potentially increasing or decreasing them, which could interfere with thyroid medication or worsen hyperthyroidism or hypothyroidism.
- **Kidney impairment or renal dysfunction:** Use with caution or avoid. Magnesium can accumulate in the body when kidney function is reduced, potentially leading to elevated magnesium levels.
- **Upcoming surgery:** Discontinue use at least 2 weeks prior. Ingredients such as ashwagandha and lemon balm, as well as the overall sedative profile, may enhance the effects of anaesthesia or increase drowsiness.
- **Hormone-sensitive conditions:** Caution is advised (e.g. in cases of hormone-sensitive prostate cancer), as ashwagandha may influence testosterone levels.

Medication interactions to consider

Comax Sleep Attack may interact with:

- sedatives, sleep medications or other CNS depressants (additive drowsiness);
- thyroid hormone replacement therapy;
- blood pressure or diabetes medications (possible additive effects on blood pressure or glucose levels);
- immunosuppressants;
- certain antibiotics, bisphosphonates, or diuretics (mainly due to the magnesium content).

Always consult your healthcare professional before using Comax Sleep Attack if you have any pre-existing medical conditions, are taking prescription or over-the-counter medications, or are concerned about potential interactions.

This product is a dietary supplement, and it is not intended to diagnose, treat, cure or prevent any disease. Individual suitability varies, so professional medical advice is essential for safe use.

Warning

Comax Sleep Attack is a dietary supplement designed to promote relaxation, aid sleep and encourage restful sleep and overnight recovery. It must be used responsibly and only as directed.

Important safety information

- Do not drive or operate machinery after taking Comax Sleep Attack. The combination of ingredients may cause drowsiness or impair alertness. This effect can persist into the following day for some individuals.
- Food supplements such as Comax Sleep Attack should not be used as a substitute for a varied and balanced diet or a healthy lifestyle.
- Do not exceed the recommended daily dose of six capsules.
- This product is not intended for use by individuals under the age of 18.

Seek advice from a healthcare professional before use if you are pregnant, breastfeeding, taking any medication or have a medical condition. Particular caution is advised with:

- pregnancy and breastfeeding (due to limited safety data for several ingredients, especially ashwagandha and melatonin);
- thyroid disorders (ashwagandha and lemon balm may influence thyroid hormone levels);
- autoimmune conditions (ashwagandha may stimulate immune activity);
- kidney impairment (magnesium levels may accumulate).

If you are due to undergo surgery, you should discontinue use at least two weeks prior, as the ingredients may enhance the sedative effects of anaesthesia.

Additional precautions

Do not combine with alcohol, other sleep aids, sedatives, or products that cause drowsiness, as this may increase the risk of excessive sedation.

If you experience any unusual symptoms, discontinue use immediately and seek medical advice.

Comax Sleep Attack is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary. Always read the full label and follow the instructions carefully. If you have any doubts about its suitability, please consult a qualified healthcare professional.