



US009040582B2

(12) **United States Patent**
Keller

(10) **Patent No.:** **US 9,040,582 B2**
(45) **Date of Patent:** **May 26, 2015**

(54) **FORMULATION AND METHOD TO INDUCE
A DEEP STATE OF RELAXATION**

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(*) Notice: Subject to any disclaimer, the term of this
patent is extended or adjusted under 35
U.S.C. 154(b) by 438 days.

(21) Appl. No.: **13/464,425**

(22) Filed: **May 4, 2012**

(65) **Prior Publication Data**

US 2013/0210758 A1 Aug. 15, 2013

Related U.S. Application Data

(60) Provisional application No. 61/482,278, filed on May
4, 2011.

(51) **Int. Cl.**

C07C 229/36 (2006.01)
C07D 209/16 (2006.01)
C07D 209/20 (2006.01)

(52) **U.S. Cl.**

CPC **C07C 229/36** (2013.01); **C07D 209/20**
(2013.01); **C07D 209/16** (2013.01)

(58) **Field of Classification Search**

None
See application file for complete search history.

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(57) **ABSTRACT**

A relaxation formulation structured to induce a deep state of
relaxation in a person comprises amounts of tryptophan,
melatonin, vitamin B3, and vitamin B6. Another relaxation
formulation also includes an amount of tyrosine, and yet
another formulation includes an amount of vitamin B12. At
least one embodiment of a relaxation formula comprises a
physiologically effective amount of gamma-aminobutyric
acid ("GABA"). A delivery system is provided to facilitate
administration of the relaxation formulation to a person. The
delivery system may include an edible high carbohydrate
matrix, such as a chocolate brownie. Alternatively, the deliv-
ery system may comprise an inert vaporizable compound to
allow the components of the relaxation formulation to be
inhaled directly into the lungs of a person. Other delivery
systems include an aqueous sublingual spray and a beverage.

5 Claims, No Drawings