Drug Status Report

**Drug:** Venom Lean Dreams

**Drug Name Status:** Venom Lean Dreams is the trade name.

**Ingredients:**

- Oleamide
- L-Tryptophan Ethyl Ester
- Ziziphus jujuba PE 2%, Jujubosides
- Valeriana Officinalis Root Extract
- Scutellaria baicalensis Root PE 90% Baicalin
- Salvia Officinalis Proprietary Extract
- Rotundine
- Magnolia officinalis Bark PE 90%, Magnolol/Honokiol
- Piperine
- Melatonin

**Canadian Status:**

Oleamide is a primary fatty acid amide. It was first isolated from the cerebrospinal fluid of sleep-deprived cats, and has been characterized and identified as the signalling molecule responsible for causing sleep. For example, it induced physiological sleep when injected directly into the brain of rats. Although other fatty acid primary amides in addition to cis-9,10-octadecenoamide are present naturally in the cerebrospinal fluid of animals, no others exhibit similar physiological activity\(^1\).

L-Tryptophan ethyl ester is a derivative of the essential amino acid.

Jujube is a fruit that has also been used as a herbal remedy. It is claimed that it aids weight gain, improves muscular strength and increases stamina. In Chinese medicine it is prescribed as a tonic to strengthen liver function.

Valerian is a common plant that has been used for the treatment of sleeping disorders, restlessness and anxiety, and as a muscle relaxant\(^2\).

Scutellaria baicalensis also known as baikal or Chinese scullcap is in Asia and contains flavonoids Two of its flavonoids, baicalin and wogonin (structures below), are claimed to counteract inflammation.

\(^1\) [http://www.lipidlibrary.co.uk/Lipids/amides/index.htm](http://www.lipidlibrary.co.uk/Lipids/amides/index.htm)

\(^2\) [http://en.wikipedia.org/wiki/Valerian_(herb)#Medicinal_use](http://en.wikipedia.org/wiki/Valerian_(herb)#Medicinal_use)
Salvia Officinalis is also known as common sage a common kitchen herb.

Rotundine (tetrahydropalmatine, structure below) is an alkaloid isolated from the stem tubers Chinese medicinal herb Corydalis. It has been claimed to reduce morphine tolerance.

Magnolia is a flowering plant from which the bark has long been used in traditional Chinese medicine where it is known as hou po.

Piperine has been reviewed previously; it is not included in the schedules to the CDSA.

Melatonin (structure below) is a tryptamine that is involved in the regulation of sleep.

1 http://www.mcmaster.ca/inabis98/kwan/wong0190/index.html

4 http://en.wikipedia.org/wiki/Magnolia#Medicinal_uses
Recommendation: The ingredients in Venom Lean Dreams are not included in the schedules CDSA; Venom Lean Dreams is not a controlled substance.

May 26, 2008