

"The All-Natural, Healthy Alternative Sleep Aide"



- 65% of Americans have Trouble Falling or Staying Asleep
- Relaxation Sleep Aide, Decompress, De-Stress, & Relax
- Deep Restorative Sleep, No Sedatives and Non-Addictive
- Awake Refreshed & Revitalized with No Groggy Feeling
- Aides in Detoxification at Night
- Convenient & Inexpensive, \$ 1.50/Serving
- Take ½ hour before Bed with **2 oz.** of Water

INGREDIENT	BENEFITS *Information provided by Mayo Clinic
Fibersol-2	Helps maintain regularity, blood glucose levels, and healthy level of triglycerides and serum cholesterol; aids in the growth of beneficial bacteria in the colon.
L-Arginine	Improves blood flow in the arteries of the heart and relief of chronic migraines.
Pomegranate	Known for its cancer fighting qualities (particularly breast cancer). Also aids in the control of blood pressure, fights off diseases, and increased energy. Shown to prevent conditions that include; chest pain, atherosclerosis (clogged arteries), heart disease/failure to reduce chances of heart attack and stroke, erectile dysfunction (ED), intermittent claudication/peripheral vascular disease, and vascular headaches (headache-inducing blood vessel swelling).
Mandarin Orange	An antioxidant that combats free radicals and lowers bad cholesterol. Enhances digestion and reduces phlegm.
GABA	One of the four key neurotransmitters in the brain, GABA keeps all the other ones in check. Used for relieving anxiety, improving mood, reducing symptoms of premenstrual syndrome (PMS), and treating attention deficit-hyperactivity disorder (ADHD). It is also used for promoting lean muscle growth, burning fat, blood pressure, and relieving pain.
L-Theanine	Increases the concentration of GABA. Relieves anxiety and creates a relaxing effect without drowsiness, high blood pressure, preventing Alzheimer's , and for increasing the effects of cancer drugs.
Lavender	Fights Insomnia , fatigue, Anxiety , and depression.
Milk Thistle	Used in the treatment of liver and gall bladder problems, helps to repair liver cells and promotes the regeneration of new cells.
Wuling Mushroom Extract	Treats depression and anxiety; promotes sound sleep, enhances memory and cognitive function and neuro-health maintenance.
Chamomile	Used as an anti-inflammatory to treat Anxiety , Insomnia , and aids in digestion. Known to have healing capabilities, which can aid the human organism in regaining its health balance.
Aloe Vera	Used in the treatment of Ulcers , Ulcerative Colitis , Diabetes , and supports immune System.
5-HTP	Used for sleep disorders, depression, anxiety, migraine and tension-type headaches, Fibromyalgia , binge eating associated with obesity, premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), attention deficit-hyperactivity disorder (ADHD), and along with prescription drugs to treat seizure disorder and Parkinson's disease. Used as an anti-depressant and indicated for improvement in migraines.
Melatonin	Aid in relief of symptoms related to Insomnia , Delayed sleep phase syndrome (DSPS), Jet Lag , and sleep disorders in children with various neuropsychiatric disorders, including mental retardation, Autism , psychiatric disorders, visual impairment, or Epilepsy .

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