

Good Night Sleep Cocktail For the Stressed!



CAUTION: Do not take Mag Chlor if you have kidney disease.



- ▶ 2 SLEEP LINK®*
- ▶ 10 to 25 drops of Mag Chlor
- ▶ 2 opened caps of L-T®

Mix into 1 or 2 ounces of juice.
Drink! Relax, and enjoy a peaceful sleep!

Good Night Sleep Cocktail \$49.99

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Melatonin* Reset Your Internal Clock for Restful Sleep

Melatonin regulates our biological clock or circadian rhythm, affecting sleep as well as adjusting to time when traveling.†
Melatonin supports your natural hormone secretion that decreases with age and stressful situations. Fall asleep faster and reach a deeper state of sleep and better quality of sleep with **Melatonin**.†

Melatonin** 60 Caps 3 mg \$12

*CAUTION: Do not take with SSRI (such as Prozac) or MAO antidepressants, or if pregnant or lactating.

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Mellow Mind®** with Ashwagandha

Ashwagandha is the ayurvedic herb withania somnifera, meaning sleep-bearing (sedative). **Mellow Mind** ashwagandha supports your body helping it adapt to all types of stress (mental and physical) while it relaxes and rejuvenates your mind and body.†

- ▶ supports tense muscles due to stress, work, menopausal stress.†
- ▶ supports your sleep cycle helping you to drop off easily . . . relaxing your mind and body. †

**CAUTION: DO NOT use with SSRI, Tricyclic, or MAO antidepressants, or if you have had a melanoma. Pregnant or lactating should consult a health care professional

Mellow Mind**

Ashwagandha 500 mg +
100 Capsules \$20.95

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Sedaplus*** Sleep Complex For Occasional Sleeplessness

- ▶ **SedaPlus** is excellent for occasional sleeplessness.†
- ▶ Relax and drop off to sleep quickly and wake without unpleasant side effects.†
- ▶ Awaken feeling rested and refreshed.†
- ▶ **Hypoallergenic.**

Sedaplus*** 60 Caps \$13.95

***CAUTION: DO NOT take with prescription drugs. Check with your doctor or pharmacist. If pregnant or lactating, consult your doctor.

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NATURAL SLEEP AID

Neurexan For the Overactive Mind

A gentle combination of four natural active ingredient known to facilitate restful sleep.

- ▶ Non-addictive formula
- ▶ Safe with other medications
- ▶ Supports brain's need for sleep
- ▶ Safe for the whole family, including children

Neurexan 100 Tablets \$24.95

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