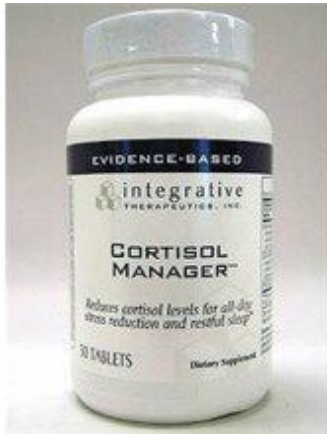


Sleep Aids



Cortisol Manager

Cortisol Manager combines stress-reducing ingredients and cortisol-lowering botanicals to help reduce stress and relieve occasional sleeplessness. Shown to reduce cortisol in just one dose, this safe, natural and non-habit forming formula increases the ability to fall asleep, stay asleep, and will not cause morning grogginess, while providing all-day stress reduction. Cortisol Manager is gluten free and vegetarian.

Why a natural sleep aid that manages stress?

Because a good day starts with a good night. A sound night's sleep leads to an increase in daytime alertness, reaction time, and a positive mood. Sufficient sleep also gives you the energy to complete your daily activities. Everyday stressors cause stress hormones in the body to become elevated. Specific herbs have been clinically shown to reduce stress hormone levels and support the body's relaxation response.

Why use Cortisol Manager™?

It reduces stress - fast! Cortisol is a hormone activated by stress. A 28-day trial found that Cortisol Manager™ produced a dramatic reduction in stress during the course of the study. In fact, salivary cortisol levels decreased by more than 60% after the first dose of Cortisol Manager™. It increases the ability to fall asleep and stay asleep - without morning grogginess - while providing all-day stress reduction. Cortisol Manager™ combines proprietary stress-reducing ingredient and cortisol-lowering botanical blends to help reduce stress and relieve occasional sleeplessness.

Directions:

For adults, take 1 tablet before bedtime. Increase to 2 tablets during times of high stress. Safe for use every night.



End Fatigue Revitalizing Sleep Formula

End Fatigue Revitalizing Sleep Formula dietary supplement is a synergistic formulation to help you get to sleep faster and maintain a healthy sleep cycle so you wake up energized. End Fatigue Revitalizing Sleep Formula is a vegetarian herbal blend.

Why be concerned about sleep quality?

Daytime alertness and daily rejuvenation depends on it. Quality nighttime sleep is crucial for daytime energy, and gives your mind and body a chance to relax and rebuild.

Why End Fatigue™ Revitalizing Sleep Formula?

You fall asleep fast. The ingredients help you fall asleep faster and maintain a healthy sleep cycle - without feeling groggy the next day. You stay asleep. Improves the quality of restful sleep so you wake up energized and relaxed. You make the most of your sleep. The Revitalizing Sleep Formula helps your body - especially your muscles - recuperate while you sleep so you experience less fatigue.

Directions

Take 1 capsule 30-60 minutes before bedtime.
If additional support is desired, take up to 4 capsules.

The Promise of Sleep is a great self help book and resource for those with sleep and insomnia issues. -- William C. Dement, MD PhD sleep researcher

- Avoid caffeine and stimulants: ½ life of caffeine is 3-7 hours, stop consumption by 2:00 PM
- Alcohol, 1-2 beverages acceptable, 3-5 can cause rebound insomnia, alerting, sleep disruption
- Go to bed at the same time every night, and get up at the same time to establish a sleep cycle
- Evening meal at least 3 hours before bedtime
- Quiet dark bedroom and comfortable environment (no TV, computer, phone) no visible clock to check, during the night.
- Dim light option if you must use the bathroom during the night. Bright light alerts brain.
- Get to know your personal circadian rhythms as it relates to darkness, exercise and food.

Driving while tired is as dangerous as driving under the influence, with deadly consequences. Heavy eyelid feel as if it is difficult to keep your eyes open, is the last stage before sleep. Never drive while drowsy.

Accumulated sleep loss must be paid back, like a debt, hour for hour.