

INTEGRATING
WESTERN MEDICINE,
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THE CENTER FOR
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Lullaby & Good Night Sleep System

WHAT IT IS:

- An all natural, triple-combo sleep system for support of troubling insomnia

WHY YOU NEED IT:

- Non-habit forming
- Customizable dosing
- Naturally supports refreshing sleep
- Important for patients with low mood

HOW IT WORKS:

Lullaby & Good Night is a sleep system consisting of three core ingredients: Lithium Orotate (a naturally occurring mineral from the Earth's crust), 5-HTP and L-Tryptophan. Internationally recognized medical clinics are using this unique combo of herbal extracts to support patients with significant insomnia.

These three ingredients work synergistically to target the brain's sleep center. While many patients may have tried one of these extracts at a time, it is the simultaneous combination of these products that can have you sleeping like a baby.

Taken together before bedtime, Lullaby & Good Night are great for supporting a calming brain chemistry pattern with less anxiousness, fewer obsessive thoughts, and a deeper sleep state so that you can rest comfortably through the night.

The average doses for patients with insomnia are: Lullaby (3—6 caps); Good (2—5 caps); Night (4—6 caps). This system allows each patient to find their "perfect combination" for a reliable

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These products are not intended to diagnose, treat, cure or prevent any disease.
Always consult your doctor before taking any of these products.

night's sleep. On days where you are more anxious or wound-up, a higher dosage of each supplement may be necessary. These supplements are best taken on an empty stomach 20 – 30 minutes before bedtime while in your residence. Do not take this sleep system before driving, operating machinery, or when sleepiness is not advisable.

Lullaby & Good Night should not be used by patients who are regularly taking prescription sleep medication, antidepressants, or anti-anxiety medications without first consulting their prescribing healthcare provider.