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# Nighty Nite

Get from 'Toss 'n Turn' to 'Sweet Dreams'...naturally

## WHAT IT IS:

- All natural, non-habit forming, comprehensive support for healthy sleep

## WHY YOU NEED IT:

- Formulated specially for patients with sleeplessness
- Promotes calmness and relaxation
- Supports patients wanting deeper, uninterrupted sleep
- Targets patients who have failed over-the-counter natural sleep aids
- Important for patients who have disturbed sleep cycles
- Formulated for patients looking to balance the brain hormones necessary for sound sleep

## HOW IT HELPS:

The latest scientific research confirms the critical health importance of quality sleep. Sleep is the body's way of metabolically and psychologically resetting itself.

To maintain and promote reliable health, sufficient REM sleep (the deep, refreshing, dreamy state) is not optional, but absolutely required. Few things will age you faster than sleep deprivation.

How much sleep do you need? Men need 7.8 hours and women need 7.6 hours of sleep each and every night. No exceptions.

Patients tell me all the time that they 'only need' six hours or less of sleep. These are often the same people who need coffee, sugar, carbs and other stimulants to power through their busy days and nights. My lab testing also shows that their hormones are depleted, and that they are growing older faster physiologically than chronologically – in other words, they are growing old before their time.

Nighty Nite provides a comprehensive formula that promotes a healthy sleep cycle by boosting the brain hormones necessary to induce sleep while reducing the stimulating hormones that keep us awake. Nighty Night also contains a special balance of vitamins and minerals that nourish the brain into a healthier, relaxed state necessary for quiet sleep.

In this formula, 5-HTP plays a dual role of boosting brain levels of serotonin and melatonin. Serotonin is the 'feel good' brain hormone that promotes a feeling of calm relaxation. Research demonstrates that 5-HTP can increase REM sleep by 25% without lengthening total sleep time. This way, you get deeper sleep but don't wake up hung over or drowsy, the two common side effects of chemical sleeping pills.

5-HTP also promotes the natural release of melatonin. Melatonin is the brain hormone that regulates our internal body clock, telling us when to sleep and when to wake up for optimal health.

Nighty Nite also contain the natural ingredient PharmaGABA. GABA provides a calming effect and, like melatonin, plays a direct role in activating our nightly sleep cycle. Clinical research has demonstrated that PharmaGABA can help you get to sleep 20% faster and increase time spent in deep sleep by 20%. The amino acid Taurine has also been added to the Nighty Nite formula to further boost GABA levels and reduce other brain hormones that keep us up and alert.

Phosphatidylserine (PS) is included in this sleep formula to help regulate cortisol secretion. Cortisol is the stress hormone that is released by the adrenal glands. Cortisol prepares and supports the body for our very busy lives. This is not a hormone you want secreted into your blood stream as you are getting into bed. In clinical research, PS supplementation has been shown to reduce the secretion of cortisol in subjects with high levels of mental and physical stress.

Eat well + Sleep well = Live well. A simple, but powerful formula for good health.

**Usage:** Take four (4) capsules at bedtime, preferably on an empty stomach. May be used nightly without dependency.