

“The worst thing in the world is to try to sleep and not to.”

-F. Scott Fitzgerald



PRESCRIBED BY DOCTORS • RECOMMENDED BY PHARMACISTS™

The problems caused by lack of sleep are far more than the fatigue and lack of energy it causes the next day.

People who sleep less than six hours a day are almost 30% more likely to become obese than those who sleep seven to nine hours. And, if your sex drive is reduced, then it could be because of lack of sleep, according to some research.

One of the first things progressive doctors do is check if their patients are sleeping properly, since lack of sleep can also cause heart attacks, strokes, memory problems and depression. Prescription sleeping tablets are useful for the short-term treatment of insomnia. However, they can be addictive, lose their effectiveness with regular use, and they don't treat the underlying causes.

These three natural products help treat some of the underlying causes of insomnia and should be taken together as each works differently:

Herbal Sleep™ – *to help you fall asleep.* Contains a combination of natural sedating herbal extracts like valerian, corydalis and passionflower, to gently induce sleep. **Dosage:** 2 capsules at bedtime.

Melatonin Slow Release – *to keep you sleeping all night.* Melatonin is produced by the body to maintain sleep throughout the night. Melatonin levels decline throughout adulthood. Unlike standard quick release melatonin tablets, a slow release mechanism is useful to help prevent waking a few hours after falling asleep. SOLAL is the only brand of slow release melatonin in South Africa. **Dosage:** 1 tablet at bedtime.

Magnesium Glycinate – *for optimal EEG sleep brain waves.* Magnesium promotes healthy brain waves during sleep. The glycinate form of magnesium is important because it is better absorbed than other forms and is only available from SOLAL Technologies. **Dosage:** 2 tablets at bedtime.

The information presented above is the informed opinion of SOLAL Technologies after review of scientific research and medical literature.

CHANGING HEALTH • CHANGING LIVES

Available from Doctors, Leading Pharmacies, Dis-Chem Pharmacies, Health Stores or from SOLAL Technologies at www.solaltech.com.

Tel: 011 783 3939
or 086 11 76525 (Health Line)

Email: solal@solaltech.com
www.solaltech.com

SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™