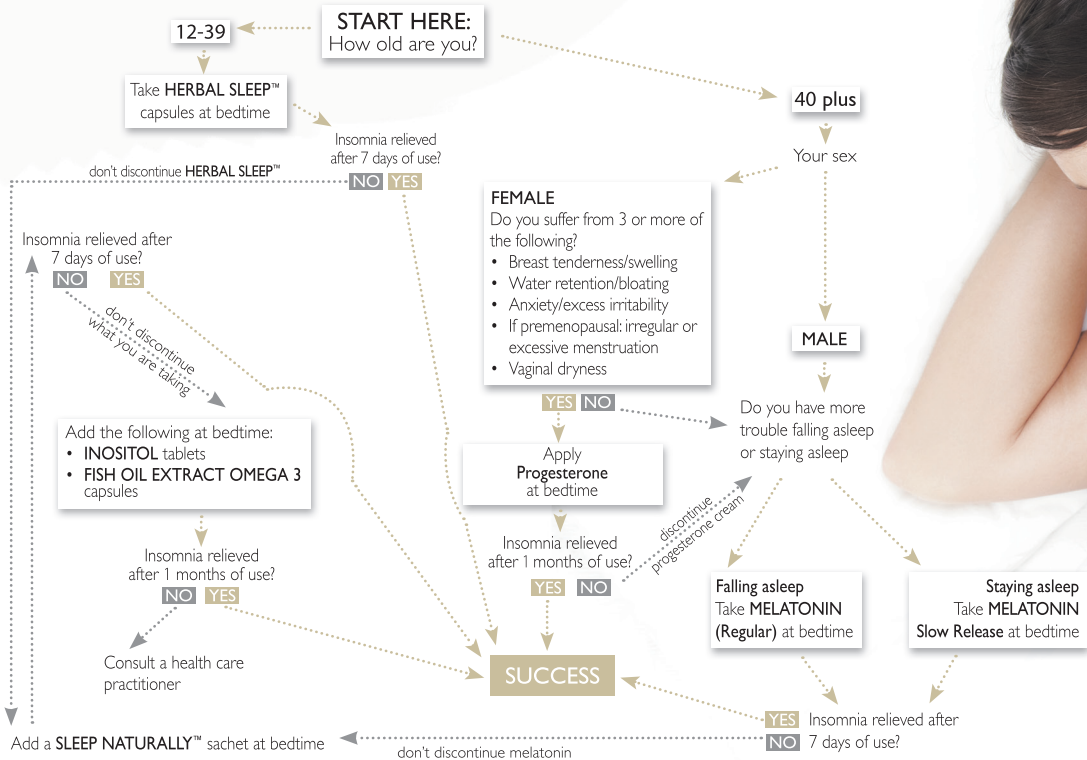


# How to treat insomnia naturally



**Melatonin** is a natural sleep-inducing hormone produced by the pineal gland. As a person ages, less melatonin is produced. Age-related insomnia is most commonly caused by low levels of melatonin. Melatonin has additional health benefits, too: it has powerful antioxidant protective effects on brain tissue, boosts the immune system and helps protect the body from cancer development.

**Sleep Naturally™** combines three natural ingredients that work to promote deeper sleep, faster, without the "morning hangover" effect associated with prescription or over-the-counter sleep medication. It contains two amino acids, glycine and theanine, and the mineral magnesium. Glycine has a calming effect on the brain and promotes a deeper sleep. Theanine is used for its relaxing effects. Magnesium helps relax muscles, promotes sleep-inducing brain waves, and helps to block the release of excitatory neurotransmitters in the brain.

**Herbal Sleep™** contains a combination of natural sedating herbal extracts from valerian, corydalis and passion flower, to gently induce sleep.

**Tryptophan** is an amino acid precursor that the brain uses to make its two main sleep neurotransmitters, melatonin and serotonin.

**Inositol** (a type of vitamin B) and **Fish Oil Extract Omega 3** are supportive nutrients that promote healthy sleeping patterns.

**Progesterone** is a hormone that also declines as people age. A lack of progesterone can result in insomnia, especially in women before they enter menopause. A lack of progesterone is often also associated with other symptoms such as breast tenderness and anxiety.

The information presented above is the opinion of SOLAL Technologies.

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Manufactured in a GMP (Good Manufacturing Practice) licensed facility, ensuring pure, safe and uncontaminated products of the highest quality. All our raw materials are tested for potency and purity. Our products do not contain any unhealthy or bulky fillers, but rather are filled to the brim with therapeutic doses of active nutrients and plant extracts.

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