

# Sleep Now

## Nature's answer to a good night's sleep.

All of us look forward to a good night's sleep and the refreshed feeling it brings in the morning. Unfortunately, millions of people are deprived of the essential sleep they need to function at their best. Chronic loss of sleep, called insomnia, leads to fatigue, anxiety, restlessness, poor performance and even can cause depression. Travelers and people suffering from mild depression are susceptible to sleep disorders. Medicinal products like tranquilizers and sedatives may help alleviate resting problems, but many have serious side effects and can cause grogginess the next morning.

There is a natural alternative for improving your quality of sleep that can be used on a daily basis without any harmful side effects. Herbalife's Sleep Now can help normalize sleeping patterns so you can get more hours of rest throughout the night.\* Simple strategies, including good nutrition and lifestyle management, along with Sleep Now, will provide the foundation you need to wake up in the morning refreshed and full of energy.\*

## Discussion Points

- Rest assured that it's natural: Sleep Now is an all-natural product that will not cause the hangover or grogginess feeling of sedatives. Whether you have a business meeting or a special celebration to attend, you can feel confident using this product no matter what you have scheduled for the following morning.
- Melatonin—the perfect travelmate: Studies suggest that low dosages of melatonin can ease jet lag by helping the body's natural sleep patterns adapt to changing time zones, without the side effects of prescription sleeping pills.
- A boney issue: Calcium. Your bones need this essential mineral to stay strong and healthy.\* Sleep Now includes 144 mg of Calcium in every serving.
- Combine with other products: Sleep Now can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

## Did You Know?

Melatonin is a hormone that is naturally present in the body. It is secreted by the pineal gland, a pea-sized gland at the center of the brain. At night, melatonin is released to help our bodies regulate our sleep-wake cycles. According to scientific studies, the amount of melatonin produced by our bodies lessens as we get older. This may be one of the primary reasons why younger people have less of a problem getting healthy amounts of sleep than older people.

Valerian root has a long history of promoting restful sleep. In fact, it was first discovered almost 2,000 years ago and was thought to be a natural treatment for anxiety as well as insomnia.

Passionflower's popularity dates back hundreds of years, when it was named by Spanish explorers for its religious symbolism and is known for its healing powers.

## Fast Facts

- Specially formulated with an exclusive blend of herbs, plus melatonin.
- Helps improve the quality of your sleep without medication.\*
- No sedative hangovers or morning grogginess.
- Use in conjunction with Herbalife's weight-management and nutritional products.



## SUPPLEMENT FACTS

Serving Size: 1 tablet

Servings per container: 60 tablets

	Amount Per Serving	% Daily Value*
Calcium (as calcium carbonate)	144 mg	14%
Exclusive Blend	300 mg	
Dried Passionflower Extract (flower)		†
Dried Valerian Root Extract (root)		†
Dried Hops Extract ( <i>Humulus Lupulus</i> )(strobiles)		†
Wild Lettuce ( <i>Lactuca sativa</i> )(leaves)		†
Cinnamon ( <i>Cinnamomum aromaticum</i> )(bark)		†
Orange Peel ( <i>Citrus aurantium</i> )(peel)		†
English Lavender (flower)		†
Dried Amla Extract ( <i>Phyllanthus emblica</i> ) (fruit)		†
Melatonin	1 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily value not established.

**Other Ingredients:** Maltodextrin, Stearic Acid, Silicon Dioxide, Sodium Carboxymethylcellulose, Microcrystalline Cellulose, Dextrin, Dextrose Monohydrate, Soy Lecithin, Sodium Citrate, Hydroxypropyl Cellulose and Magnesium Stearate.

**Suggested Serving:** For adults, take one or two tablets 30 minutes before going to sleep. Do not exceed suggested serving.

**Notice:** USE ONLY AT BEDTIME. For adult use only. If you are under medical supervision, or if you are pregnant or nursing, consult with your health care professional before taking this product. Do not drive a vehicle or operate machinery while using this product.

## Ordering Details

#0138

\$13.25

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.