

Are You Getting the Sleep You Deserve?



NutriDyn®

Nutritional Support for Healthy Sleep*

Sleep plays a significant role in overall health and well-being.* Not only does lack of sleep impact our productivity, energy, and mental clarity, but ongoing sleep deprivation can impact the body in many ways—from muscle growth to mental health.* Research has shown that consistent lack of sleep can raise the risk of many disorders and diseases.* Supporting healthy sleep is one of the best ways to promote wellness.* GoodNight and Liposomal Sleep can help do just that.* These nutritional products are packed with quality ingredients that provide vitamins and minerals and other ingredients specifically formulated to help you achieve restful sleep so your body can operate at its best.*

- Are you looking to promote quality, restorative sleep?*
- Would you like to support healthy sleep cycles?*

GoodNight

GoodNight is specifically formulated to provide you with vitamins and essential amino acids that help support the healthy production of neurotransmitters, which are an essential part of nervous system regulation and sleep cycles.* Melatonin and herbal extracts provide additional support for promoting and regulating the sleep-wake cycles.* GoodNight may help your body relax and support more restful sleep with fewer side effects than conventional approaches.*



Liposomal Sleep

Liposomal Sleep uses liposomal technology to deliver targeted nutrients to specific areas of the body to support healthy sleep cycles.* This liquid supplement contains key ingredients that support healthy levels of the sleep-regulating neurotransmitters melatonin and serotonin.* GABA helps support healthy nerve activity in the brain, allowing the brain to relax into slumber, while herbal extracts may help support longer-lasting sleep.* Liposomal Sleep promotes a restful, relaxed state and relief from occasional sleeplessness by supporting healthy melatonin function and promoting relaxation.*



Talk to your practitioner to learn more.

* 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.