

SLEEP SUPPORT

Natural options for natural sleep

Insomnia is a condition where an individual can have a difficult time falling asleep, staying asleep or both. The ability to fall asleep at bedtime is influenced by factors that occur from the time we arose that morning. For many individuals who face stress during the day, elevated cortisol levels produced by the adrenal gland can interfere with the ability to fall asleep and stay asleep. L-theanine, an amino acid that down-regulates cortisol produced during the day, can help effectively set the stage for improved sleep at bedtime when taken during the day. Melatonin is secreted at night when darkness is approaching.

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It causes us to become sleepy and also lowers our body temperature. Adequate melatonin production is essential for a normal sleep cycle.

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To order or for more information,
call 855-645-5120

Many individuals turn to prescription medications in an attempt to address sleep disorders. However, these medications can become problematic as they can adversely affect the normal sleep cycle. We recommend using a quality sleep supplement to help restore the natural sleep rhythm. Combinations of natural sleep-inducing ingredients, such as those found in Sleep Perfect Formula, can induce a natural sleep onset. For those individuals still plagued by early morning awakening, the use of Melatonin Liposomal Spray can help us return for those remaining valuable hours of sleep.



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Suggested supplements:

- Sleep Ease
- L-Theanine
- Melatonin 3 mg with Vitamin B-6
- Magnesium Chelate 400 mg