

Sleep Now with Melatonin

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 can even cause depression. Travelers and people suffering from mild depression are often the most susceptible to sleep disorders. Although there are over-the-counter medicinal products like tranquilizers and sedatives to help alleviate resting problems, many have serious side effects and can cause grogginess the next morning.

Now there's 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 with Melatonin 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 with Melatonin, 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 with Melatonin is an all-natural product that will not cause the hangover or grogginess feeling of sedatives. Whether you have a big meeting planned at the office or a special occasion 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 to keep the body's natural sleep pattern in rhythm, 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 with Melatonin includes 144 mg of Calcium in every serving.
- **Combine with other products:** Sleep Now with Melatonin can be used in conjunction with the Thermojetics® Weight-Management Program 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.

Fast Facts

- Specially formulated with an exclusive blend of herbs, including 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

	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 (strobiles)	+	
Wild Lettuce (lactuca sativa) (leaves)	+	
Cinnamon (cinnamomum burmanni) (bark)	+	
Orange Peel (citrus sinensis) (peel)	+	
English Lavender (flower)	+	
Emblic (fruit)	+	
Melatonin	1 mg	+

**Percent Daily Values are based on a 2,000-calorie diet.
+Daily value not established.

Other Ingredients:

Stearic acid, cross-linked sodium carboxymethylcellulose, microcrystalline cellulose, silicon dioxide, hydroxypropyl cellulose, magnesium stearate and hydroxypropyl methylcellulose.

Suggested Serving:

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

Ordering Details:

60 tablets per bottle

#1004 (case of 12)

#0138 (HAP or unit) \$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 disease.