



# SLEEP

## Drug-free, herbal sleep aid in capsules or liquid

Studies show that sleep deprivation may lead to fatigue, weight gain, high blood pressure, diabetes and a myriad of other health issues. And with the current state of prescription sleeping pills and their addictive and often dangerous side effects, an all-natural sleep aid is a healthy, safe alternative.

**Res-Q SLEEP** is an all-natural, proprietary herbal sleep aid, which scientifically addresses the two most common sleep disturbances: having difficulty falling asleep and staying asleep. It does this by providing the synergistic action of naturally calming herbs (griffonia, valerian, chamomile and skullcap) and melatonin, which promotes relaxation. It also works as a calming agent, designed to ease restless sleepers into a gentle sleep.

With no prescription needed, **Res-Q SLEEP** will never make you feel drowsy or disoriented the next day. Best of all, there's no danger of becoming dependent. Take it as often as you'd like, whenever you're ready to sleep well. Not only does sleep help a person achieve the required amount of rest and rejuvenation he or she needs for a healthier lifestyle, a good night's sleep also, as studies show, slows down the aging process.



### Strengthens your immune system

**Res-Q SLEEP** is fortified with the antioxidant melatonin that helps build your immune system while you sleep and protects your cells against damaging free radicals. [Annals of the New York Academy of Sciences 917:376-386 (2000).]

### Improves your heart health

A recent study of over 71,000 women concluded that of those who reported sleeping five hours or less per night, 45% were more likely to have heart problems and 32% more likely to have major weight gain of 33 pounds or more. [Arch Intern Med. 2003;163:205-209].

