

# INSOMNIA KIT

## **Sleep:**

This incredible supplement aims to promote healthy sleep, aid in stress management, and soothe an anxious mind. This supplement achieves outstanding results by using a special blend of all-natural ingredients, including melatonin, that encourage deep and restorative sleep.

## **Adrenal Calming:**

This supplement is designed to reduce symptoms of stress and anxiety, improve sleep quality, enhance mental clarity, and promote a state of restful ease.

## **Herbal Stress Relief:**

This natural stress-relief formula is composed of synergistic herbs which help the body maintain maximum performance while promoting comfort and relaxation, gently calming the central nervous system. This blend contains herbs like valerian root, chamomile, and hops flower that allow the body to wind down so that you fall asleep as soon as your head hits the pillow.

## **Liquid Calcium:**

Calcium promotes sleep, is a natural muscle relaxant and facilitates healing and optimal health.

## **Multivitamin/Multimineral:**

Multivitamin/Multimineral provides a perfect combination of nutrients, including magnesium, to promote optimal health, healing, and relaxation.



## **ADDITIONAL RECOMMENDED PRODUCTS:**

- Solutions4 Nutritional Shake
- Solutions4 Daily Essentials
- Solutions4 Vitamin D