

## WHAT'S INCLUDED IN THIS 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.



Contact Us For More Information



## INSOMNIA KIT

Rest Easy Every Night



Solutions4<sup>™</sup>  
NATURAL CLINICAL HEALTH

## HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Insomnia Kit is formulated with pure, organic, potent supplements that are your best natural remedy for insomnia.

Through a combination of nutritional changes, lifestyles strategies, and the use of effective supplementation, you'll be able to fall asleep – and stay asleep – like it's the most natural thing in the world.



# INSOMNIA KIT

## ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Insomnia Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

### **Solutions4 Nutritional Shake:**

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

### **Solutions4 Daily Essentials:**

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

## INSTRUCTIONS

### **Sleep:**

Take one before bedtime.

### **Adrenal Calming:**

Take two in the morning and two in the afternoon.

### **Herbal Stress Relief:**

Take two before bedtime.

### **Liquid Calcium:**

Take two before bedtime.

### **Multivitamin/Multimineral:**

Take one in the afternoon.

### **Solutions4 Nutritional Shake:**

We suggest replacing one to two meals each day with the shake.

### **Solutions4 Daily Essentials:**

Take one packet daily.

## TIPS FOR SUCCESS

### **Cleanse First:**

Before starting the Insomnia Kit, we recommend using the Solutions4 7-Day Cleanse Kit. Cleansing will help prepare the body for healing and regulation by detoxing your system and hitting the reset button on your sleep cycles.



## OTHER SUGGESTED PRODUCTS

### **Solutions4 Vitamin D:**

Vitamin D provides the benefits of a day in the sun, helping to regulate your sleep cycles, boost your mood and improve full body health. Vitamin D offers many health benefits, including increased energy, fortified bones, strengthened immune system, and reduced risk of disease.

## WHERE TO GO FROM HERE

### **Maintain Your Progress with the Solutions4 Wellness Kit:**

To retain your results (and stave off any relapse) be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.

## EATING GUIDELINES

To help you get the most out of this kit, we recommend that you follow these dietary guidelines:



### RECOMMENDED:

**Organic dark leafy greens and brightly colored vegetables**  
**Organic fruits**  
**Organic eggs and poultry**  
**Wild-caught fish**  
**Unrefined, cold-pressed olive oil and coconut oil**  
**Organic butter**



### ACCEPTABLE:

**Whole grains and legumes** (rice, quinoa, lentils, beans, etc.)  
**Non-organic fruits and vegetables**  
**Non-organic poultry and eggs**  
**Farm-raised fish**  
**Organic, grass-fed red meat**  
**Refined olive oil and coconut oil**  
**Unrefined natural sweeteners:**  
(honey, pure maple syrup, agave, etc.)



### OFF LIMITS:

**Dairy products**  
**Refined vegetable oils**  
**Refined grains, flours, and sugars**  
**Processed foods, fast foods and junk foods**  
**Alcoholic or caffeinated beverages**  
**Artificial sweeteners**  
**Large amounts of red meat**