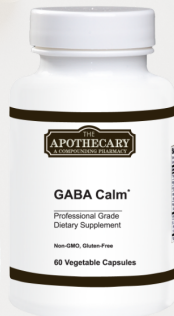


RECOMMENDATIONS TO SUPPORT SLEEP AND ANXIETY

Relaxation



GABA



Magnesium



**Lavender
Capsules**

Serotonin levels



L-Tryptophan + 5-HTP

Sleep Support Formula



Sleep Perfect



GABA Complex

- GABA Complex is a blend of Vitamin B6 and amino acids
- Supports calmness, relaxation, and overall sense of well-being *



Magnesium Complex

- Variety of forms for different needs
- Known to be a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body
- Healthy muscular contraction, cardiovascular function, nervous system function, bone mineralization, and healthy blood sugar balance *



L-Tryptophan | 5-HTP

- Together L-Tryptophan and 5-HTP are a synergistic combination
- 5-HTP is made from essential amino acid L-Tryptophan in the body. 5-HTP is the precursor to serotonin conversion *



im·bue botanicals™

CarpeDiem.

CBD

- Range of strengths
- May promote relaxation for quality sleep and rejuvenation for your body *



LAVELA WS 1265—Lavender soft gels

- Lavela WS 1265 has been shown to promote relaxation, foster sleep quality, calm nervousness, and support general mental health *



GABA Calm

- Formulated with a combination of L-theanine and gamma-aminobutyric acid (GABA), two naturally occurring agents
- Supports positive mood, relaxation and relieve mental tension *

ESSENTIAL OILS BY YOUNG LIVING TO SUPPORT SLEEP



LAVENDER

Lavender essential oil is the most universal oil and has a tranquil aroma that is soothing to the senses, as well as to the skin when applied topically. Lavender creates a tranquil environment when diffused or applied topically. May help ease occasional nervous tension and improve sleep quality for occasional sleeplessness.*



MARJORAM

Marjoram essential oil has a soothing, herbal aroma that can be diffused or applied topically during massage to help comfort fatigued muscles and joints. Marjoram creates a soothing environment when diffused or used aromatically.*



ROMAN CHAMOMILE

Roman Chamomile has a comforting, warm aroma for the mind and body. Its warmth and gentleness can help create a relaxing and calming atmosphere that can make a wonderful addition to children's nurseries or play areas, and offers a peaceful environment for yoga and meditation.*



STRESS AWAY

Stress Away™ essential oil blend and Roll-On features Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender for an exotic aroma used for achieving a happy and positive day. Apply Stress Away topically or diffuse it to enjoy a calming and peaceful aroma.*



PEACE & CALMING

Apply Peace & Calming® topically to the bottoms of feet at night as part of a bedtime ritual for your whole family. Apply topically to your neck and temples for a moment of inner peace. Diffuse 8–20 drops daily to create a positive, peaceful atmosphere.*



TRANQUIL

Tranquil™ Roll-On combines Cedarwood, Lavender, and Roman Chamomile with a soothing aroma that create a calming, serene and peaceful experience. Apply generously on wrists or back of neck for relaxation.*