

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 ANXIETY



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.*



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.*



MELISSA

Also known as lemon balm; native to south-central Europe, the Mediterranean, and Asia, melissa is an aromatic perennial herb in the mint family.

Apply topically or diffuse at bedtime to set the stage for a restful evening. Take a moment out of your busy day to inhale this soothing aroma as you prepare for a meeting or presentation.



LEMON | ORANGE

Diffuse Orange with Lime, Lemon, or Tangerine for a fresh, uplifting aroma that cleanses and refreshes the air.*



YLANG YLANG

Ylang Ylang essential oil, traditionally known for its romantic appeal has a calming and balancing aroma for a smooth and happy heart. When diffused, it can help create a calming environment. Add it to a hot bath to create a relaxing atmosphere to help you unwind after a long day.*



COPAIBA

Copaiba has a calming, earthy aroma that creates a relaxing environment when diffused.

Diffuse Copaiba with Lavender, Vetiver, or Cedarwood for a tranquil aroma before bedtime.