



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

SLEEP AND STRESS SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Super B Complete				
AdrenaMax III				
Calm Day				
Full Spectrum Hemp				
Sleep Time				
Melatonin				
Relaxation and Sleep Tincture				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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SLEEP AND STRESS

The Sleep and Stress Solutions program is designed to enhance quality sleep and alleviate stress that may build up in your life. Stress and the lack of sleep are two of the biggest issues facing people in the U.S. today. Nutritional Frontiers supplements Calm Day and Sleep Time are formulated to beneficially support the neurotransmitters dopamine and serotonin. Also Melatonin and the Relaxation and Sleep Tincture are designed to promote normal sleep cycles and Anti-oxidant protection from free radicals. The Sleep and Stress Solutions were designed with increased sleep quality and stress relief in mind.

SYMPTOMS FROM STRESS AND LACK OF SLEEP

- | | | |
|---|---|---|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Night Sweats | <input type="checkbox"/> Cold or Fever |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Difficulty Concentrating | <input type="checkbox"/> Hyperactivity | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Restlessness | <input type="checkbox"/> Anxiousness |
| <input type="checkbox"/> Weakness | <input type="checkbox"/> Pre-Mature Aging | <input type="checkbox"/> REM Sleep Disorder |

THE SLEEP AND STRESS PROGRAM

Day Time:

• Super B Complete

As a dietary supplement, take 2 capsules per day with food.

• AdrenaMax III

Take 3 caps, 1 to 2 times per day.

• Calm Day

Take 2 capsules, 1-2 times daily with food.

• Full Spectrum Hemp Extract:

For Liquid: Adults take one full dropper (Approx. 1 mL) twice daily. For Capsules: Take one to two capsules a day.

Night Time:

• Sleep Time

Take 2 capsules one hour before bedtime.

• Melatonin

Take 1 sublingual or 1 sustained release tab daily 1 hour before bed.

• Relaxation and Sleep Tincture

Take 2 droppersful one hour before bedtime. May take an additional dropper only if needed at bedtime.



STEPS TO PROMOTE QUALITY SLEEP AND RELIEVE STRESS



STEP 1 - Assessment: Understanding where the stress is coming from is important to solving the problem. It could be from work, your physical condition, or just general daily activities. Once this established you can start to eliminate the stress and increase sleep.



STEP 2 - Social Life: Spending time with the people that mean the most to you may seem trivial but this is an important step to relieving stress. It's helpful to talk to people that care about you.



STEP 3 - Exercise: Working out will help you relieve tension and reduce stress. Exercise also promotes your body to sleep so it can heal. Flexibility, muscle building, and cardio vascular health all play a role with stress and sleep.



STEP 4 - Eating healthy: Following the guide below will allow your body to maximize its effectiveness. A healthy diet can promote healthy sleep and reduce stress.



STEP 5 - Supplementation: Supplements such as Calm Day and Sleep time beneficially support the neurotransmitters dopamine and serotonin, helping with stress and sleep.



STEP 6 - Sleep: The final task is getting good sleep. Good sleep recharges the body and allows stress to dissipate. Getting a goods night sleep will make you more patient and less easily angered. Refer to the supplements in this solutions brochure to potentially improve sleep.

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables <ul style="list-style-type: none"> • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup and seeds

