



Health Matters

by
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According to the National Sleep Foundation, insomnia affects well over 70 million Americans. A direct link has been established between inadequate sleep and an increased risk of health issues such as obesity, diabetes and hypertension. We've all experienced the ill effects of not having a good night's sleep.

Commonly caused by anxiety and tension, lack of sleep can also be precipitated by the use of stimulants, such as sugar and caffeine. A routine of relaxation before bedtime, such as stretching, deep breathing or enjoying a warm bath with soothing essential oils can help improve your sleep.

But, if more help is needed, **Tranquil Sleep** is a natural sleep remedy containing 5-HTP that supports production of serotonin, L-theanine that calms your nerves and quietens your mind and Melatonin that regulates your natural sleep cycle. Available in chewable tablets or soft gels, **Tranquil Sleep** is safe, effective and causes no morning drowsiness.

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