



# The Sleep Relief Difference

How does your sleep product compare?

 SUPPORTING LIFE	SLEEP RELIEF	SLEEP OPTIMIZER	ENHANCED SLEEP	SEDITOL PLUS	BEST – REST FORMULA	NUTRA-SLEEP
						
Time release	✓	—	—	—	—	—
Bi-phasic delivery system*	✓	—	—	—	—	—
Adaptogenic herbs**	✓	—	✓	—	—	—
Calming herbs and amino acids	✓	—	—	✓ herbs (no amino acids)	✓	✓
Standardized extracts†	✓	—	✓	—	✓	—
Melatonin	✓	✓	—	—	—	—

\*With NBI's bi-phasic technology, nutrients are released in two stages. During Stage 1, nutrients are released within 30-60 minutes to help you fall asleep. During Stage 2, nutrients are released over the next 3 hours to promote healthy restful sleep all night long.

\*\*Adaptogenic herbs are plants that work with your body to help it adapt to stress. Adaptogens are a natural ally in dealing with stress and fatigue. To qualify as an adaptogen it must have broad uses for health, and it must specifically reduce both mental and physical stress. For centuries cultures around the world have used adaptogenic herbs and modern science has proven their powerful health benefits, including for supporting a healthy sleep cycle.

†Standardized extracts guarantee a uniform quality and consistency across manufacturing batches. They also are what are most commonly used in human clinical trials.