

Support Your Sleep With These Supplements

E-Z Mg™ is a plant-based, multiform organic magnesium (Mg) supplement. Magnesium is involved in sleep pathways that support brain homeostatic sleep processes.

Min-Tran® is vegetarian product that helps ease the effects of temporary stress and contains mineral complexes to support emotional balance.*

MediHerb® Kava Forte contains compounds that calm the nerves, ease the effects of everyday stress, support muscle relaxation, and promote sleep.*

Ask your health care practitioner
which supplements are right for you.



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

THE STANDARD PROCESS DIFFERENCE

Changing Lives With Nutrition

Standard Process:

- Is committed to changing lives with a whole food philosophy
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Partners with health care professionals
- Has been trusted for generations, with products that have been transforming lives since 1929

At our practice, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.

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Get a Good Night's Sleep

Rest better, feel better, live better

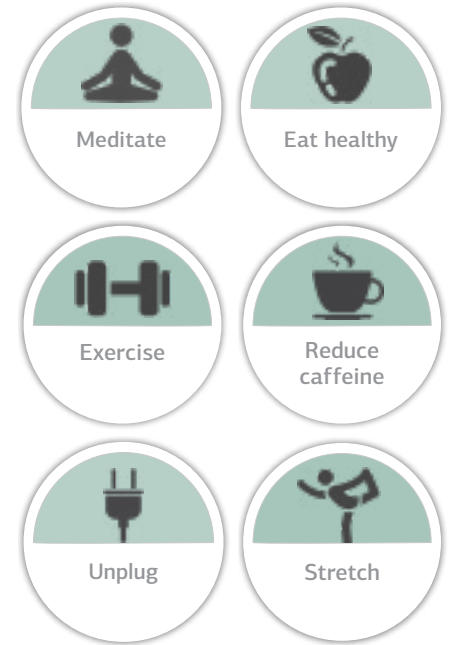


WHOLE FOOD NUTRIENT SOLUTIONS



Want to improve your sleep?

Incorporate these habits in your routine to help your body and mind unwind:



Good days start with better nights. Improving your sleep can improve many aspects of your life.

The American Academy of Sleep Medicine and the Sleep Research Society suggest that anyone between the ages of 18 and 60 should sleep at least seven hours per night to support optimal health and

“Sleep is essential for physiological energy in the brain and body. It affects you in so many ways.”

- Martha Hall, DAOM, ACN

well-being.¹ However, more than a third of adults do not get the recommended amount of sleep on a regular basis.²

Fortunately, some lifestyle changes may help you fall asleep faster and stay asleep longer. Creating healthy habits, along with supporting your diet with supplements, may help to support your sleep habits. Talk to your health care professional and develop a plan that’s right for you.



1. Watson NF, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. SLEEP 2015;38(6):843–844.
2. Sleep and Sleep Disorders, cdc.gov/sleep