

## **Goodnight Formula**

This formula works with your body's subtle energy system to enhance its natural ability to prepare for a deep, restorative sleep, supporting each phase of the sleep cycle. It activates the body's healing and self-repair mechanisms, gently easing feelings of fatigue and promoting a peaceful, restful sleep.

We've enhanced the formula by incorporating the energy patterns of Vitamin B6 and the Hypothalamus Support formula, creating a powerful synergy that boosts its effectiveness in several key ways:

- The energy pattern of vitamin B6 supports melatonin synthesis and aids in the conversion of tryptophan into serotonin, a calming neurotransmitter that encourages better sleep. It also helps reduce cortisol levels, preventing disruptions to your sleep caused by stress.
- The energy pattern of the Hypothalamus Support formula helps to balance and improve processes that regulate circadian rhythms, body temperature, hunger, and energy levels—crucial elements for maintaining a balanced and restful sleep cycle.

Together, these enhancements help promote a deeper, more rejuvenating sleep, while supporting overall well-being.

**Dosage:** 10-15 drops diluted in 2-4 oz. of water about one hour before bed for two weeks.

**Side Effect:** No side effects expected within the recommended dosage.