



BOXALL & CARMICHAEL™ SLEEP



This combination has been specially formulated in association with current research on natural treatment of insomnia and after feedback from our own patients

Best used as a 3-product-system. Can be used individually

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PURCHASE ONLINE

RESEARCHED USES

- Alleviates Insomnia
- Promotes Uninterrupted Sleep
- Improves Sleep Quality
- Calms Over-Active Mind
- Relieves Stress & Anxiety
- Boosts Serotonin
- Wake Up Feeling Alert
- Non Addictive

Chemistry and Pharmacological Research

Boxall & Carmichael Sleep is essential for making the hormones that keep us healthy. We can now take supplements on a regular basis that are good for us and help us sleep. From medical trials and years of our own clinical experience we have combined what we believe will be the best supplements to help you sleep deeply every night. Insomnia is generally caused by two factors:

1. An overactive brain, preventing you falling asleep or waking you up with worrying thoughts throughout the night.
2. An inability to move into a deep sleep, usually caused by a deficiency in melatonin.

Boxall & Carmichael Sleep has four natural supplements to de-stress the mind allowing one to settle into a relaxed sleep.

Ingredients

Niacin Slow Release works by increasing permeability across the blood-brain barrier, allowing the other supplements to take effect.

Passiflora Incarnata Flower 4:1 Extract has been proven in studies to decrease stress and improve quality of sleep in humans.

Magnesium Glycinate is an important mineral that has a relaxing effect in nerve endings found in the muscle and brain. It has been extensively used as an aid in sleep, to reduce irritability in a stressed brain.

L-Theanine is an amino acid that has been shown in studies to calm a busy mind, and thus promotes sleep without causing drowsiness. In this particular form it easily crosses the blood brain barrier and has a relaxing effect on the brain. This supplement has been shown to stimulate alpha brain waves creating a focused relaxation often sought after in meditation.

Griffonia Simplifica Extract (5HTP) once digested the body metabolises this ingredient to make 5HTP which forms serotonin and then melatonin. As we age we run out of melatonin resulting in a broken sleep. 5HTP restored this pathway without the heaviness of taking melatonin supplements. In low doses acts as an adaptogen to improve energy without causing burnout. It stimulates healthy glutathione in the brain, liver and kidneys, causing an improved functioning of these organs.

IMPORTANT: This is a food supplement and does not claim to cure a disease. Consult your physician prior to use if you have a medical condition or are taking any medications. Do not take if you are pregnant or breastfeeding without consulting your health practitioner first. Stop taking if any side effects occur. Keep out the reach of children.

Contact us at: www.boxallcarmichael.com for all enquiries and to purchase products online