



# Sleep Support Protocol\*

Objective	Product Recommendation	Dosage	Key Ingredients
Relieves occasional stress, anxiety, nervousness, and muscle tension without causing drowsiness*	<b>AnxioCalm®</b>	Adults: 1 or 2 tablets twice daily. May take at bedtime to support restful sleep.* Children (4 years old and up): 1 tablet twice daily. May increase as recommended by a healthcare practitioner.	Narrow-leaved Coneflower ( <i>Echinacea angustifolia</i> ) Root Extract (EP107™) standardized for a unique, proprietary alkalamide profile
Supports healthy circadian rhythm for restorative sleep and mental well-being with sustained release tablet**	<b>Melatonin 10 mg</b>	1 tablet, 1-2 hours before bedtime, or as recommended by a healthcare practitioner.	Melatonin (EP120™)