



Forze della Natura™



Sleep Aids

SLEEPING BEAUTY

Supplement Facts:

- Magnolia (*Magnolia officinalis*) bark extract;
- Ashwagandha (*Withania somnifera*) root extract;
- Lemon balm (*Melissa officinalis*) extract;
- Matricaria recutita extract;
- Phosphatidylserine;
- Angelica sinensis extract;
- Hops (*Humulus lupulus*) (strobiles) extract.

Background:

During the past 20 years numerous clinical trials have documented that consequences of sleep deprivation go far beyond fatigue and sub-par performance. Lack of normal sleep contributes to development of a multitude of health related problems, i.e. accelerated aging, unbalanced glucose and insulin levels that may lead to diabetes, bad skin turgor, increased body weight, chronic fatigue syndrome and diminished energy levels, etc. **Sleeping Beauty™** by **Forze Della Natura™** contains an all natural blend of ingredients that promote a healthy sleep cycle and counter stress related factors that represent obstacles for a good night's rest.

Key Features:

- Promotes a Healthy and Deep Sleep Cycle;
- Speeds up sleep latency;
- Improves Quality of Sleep;
- Counters stress factors related to insomnia;
- Improves quality of life.