

"The All-Natural, Sugar Free Sleep Aide"



Light's Off
ZERO SUGAR



INGREDIENT	BENEFITS
Vitamin A	Protects Eye Health , Provides Immune Support, Fights Inflammation , Support Skin Health and Cell Growth , Helps Prevent Cancer
Fibersol-2	Helps maintain regularity, blood glucose levels, and healthy level of triglycerides and serum cholesterol ; aids in the growth of beneficial bacteria in the colon.
L-Arginine	Improves blood flow in the arteries of the heart and relief of chronic migraines .
Pomegranate	Known for its cancer fighting qualities (particularly breast cancer). Also aids in the control of blood pressure, fights off diseases, and increased energy . Shown to prevent conditions that include; chest pain, atherosclerosis (clogged arteries), heart disease/failure to reduce chances of heart attack and stroke, erectile dysfunction (ED), intermittent claudication/peripheral vascular disease, and vascular headaches (headache-inducing blood vessel swelling).
Valerian Root	Naturally Aids Sleep , Calms Anxiety , Lowers Blood Pressure, Eases Menstrual Cramps , Improves Stress Management
Citrus Bioflavoniod	Proven to help with: Varicose Veins , Hemorrhoids, Cardiovascular Health, Hepatitis , Bruises, Cold Sores, Allergies , Hypertension
GABA	One of the four key neurotransmitters in the brain, GABA keeps all the other ones in check. Used for relieving anxiety, improving mood , reducing symptoms of premenstrual syndrome (PMS), and treating attention deficit-hyperactivity disorder (ADHD). It is also used for promoting lean muscle growth, burning fat, blood pressure, and relieving pain.
L-Theanine	Increases the concentration of GABA. Relieves anxiety and creates a relaxing effect without drowsiness, high blood pressure, preventing Alzheimer's , and for increasing the effects of cancer drugs.
Lavender	Fights Insomnia , fatigue, Anxiety , and depression.
Milk Thistle	Used in the treatment of liver and gall bladder problems, helps to repair liver cells and promotes the regeneration of new cells.
Reishi Mushroom	Helps with: Inflammation, fatigue (including chronic fatigue syndrome), frequent infections (urinary tract, bronchitis, respiratory infections, etc.), liver disease, food allergies and asthma digestive problems, stomach ulcers and leaky gut syndrome, tumor growth and cancer skin disorders, autoimmune disorders , diabetes , viruses, including the flu, HIV/AIDS or hepatitis, heart disease, hypertension , high blood pressure and high cholesterol, sleep disorders and insomnia, anxiety and depression
Chamomile	Used as an anti-inflammatory to treat Anxiety , Insomnia , and aids in digestion. Known to have healing capabilities, which can aid the human organism in regaining its health balance.
Aloe Vera	Used in the treatment of Ulcers , Ulcerative Colitis , Diabetes , and supports immune System.
5-HTP	Used for sleep disorders, depression , anxiety, migraine and tension-type headaches, Fibromyalgia , binge eating associated with obesity , premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), attention deficit-hyperactivity disorder (ADHD), and along with prescription drugs to treat seizure disorder and Parkinson's disease. Used as an anti-depressant and indicated for improvement in migraines.
Melatonin	Aid in relief of symptoms related to Insomnia , Delayed sleep phase syndrome (DSPS), Jet Lag , and sleep disorders in children with various neuropsychiatric disorders, including mental retardation, Autism , psychiatric disorders, visual impairment, or Epilepsy .
Other ingredients: Silica, natural Flavors, Citric Acid, Natural Colors (betacarotene, beet root), Organic Steviol Glycosides, Sucralose	

Joe Hubbes - DynaMaxxUSA

Cell Phone: (386) 804-0613
 email: Joe@DynaMaxxUSA.com

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