



P.M. DRINK - (bedtime)

For a more peaceful and relaxed sleep, have your Biometrics P.M. drink before going to bed at night. Enjoy a night of rest and wake up in the morning refreshed and rejuvenated. For best results, follow directions on each product.

Products:

1 scoop CAL/MAG 100 **A Complete Calcium and Magnesium Supplement:** *Enhances Skeletal and Other Body Systems**
2 mL BIO NITE **Emusol® Micellized Melatonin:** *Promotes Restful Sleep**

Suggested Use: Mix one level scoop (20 g) of **CAL/MAG 100** in 8 ounces of cold water**. Stir for 30-60 seconds until fizzing stops. Add 2 droppers full (2 mL) of **BIO NITE** and stir. Adjust amount of water to enhance taste. Drink immediately after mixing, do not let stand. Enjoy as a lightly carbonated, natural, orange flavored beverage. After drinking, turn out lights and close eyes. Lights/television may conflict with effects of melatonin.

Keep products in a cool and dry place. Refrigerate products as desired.

**PM drink should be mixed only with water.

Other Biometrics Products that can be added to your P.M. drink:

1 tbsp. DAILY HARMONY **St. John's Wort and Other Soothing Botanicals:** *Promotes Safe and Natural Stress Relief**
1 scoop XCELL FUEL **Amino Acid Blend:** *Promotes Muscle Recovery After Exercise**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Biometrics FAST START Program



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CAL/MAG 100

- A specifically balanced supplement that delivers 100% of the necessary levels of calcium, magnesium and zinc in a form that optimizes absorption by the body.
- Calcium carbonate is converted to calcium citrate when **CAL/MAG 100** is added to water, to deliver the most bioavailable calcium.
- Also, has a soothing and relaxing effect on the muscular and nervous systems to calm the body and prepare it for a night of rest.

*"Ninety percent of Americans probably have a calcium and magnesium deficiency. An added benefit with **CAL/MAG 100** is the quick results patients achieve sleeping in the evening. I have been amazed with the results"*

-- Nicholas Sheffer, D.C.

BIO NITE

- A potent nighttime sleep aid, **BIO NITE** assists in circadian rhythms and in restoring the body's internal clock for a full night's sleep.
- The melatonin found in **BIO NITE** is a unique liquid form that easily enters the blood stream directly for maximum benefit.
- Melatonin is also a powerful antioxidant that stimulates the immune system while helping regulate our sleep patterns and wake cycles.

"As we get older our pineal gland produces less melatonin naturally. Because of the way this product was designed, this product works quickly and naturally to support a healthy sleep pattern."

-- Dennis Kramer, N.D., H.T.

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