

From the Makers of Wellness Formula®

NightWell™

For Immune Wellness and Restful Sleep with Melatonin



At the first sign of imbalance during the winter season, the body often tells us exactly what it craves—long, restful, healing sleep. The body is telling us what science knows: getting enough sleep is critical to immune health.*

From the makers of Wellness Formula® comes NightWell™, an all-in-one formula that provides support for wellness and sleep when you need it the most. NightWell combines the advanced herbal formula in our Wellness Herbal Resistance™ product, which is for comprehensive immune support, with additional botanicals. It also includes melatonin, which has been shown in research to help people fall asleep quickly. With Nightwell, your sleep cycle and immune system can work together to support winter wellness.*



Source Naturals®
for a life well lived.®

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Melatonin: The Health-Promoting Power of Sleep

Sleep is vital to our well-being. It is the process by which our bodies repair the wear and tear our cells experience during the day. It supports immune function, concentration, and vitality. It's a biological requirement as necessary as food or water. We need deep sleep to function at our best, especially during times of seasonal imbalance. One of the most popular supplements for occasional sleeplessness, melatonin has been shown in research to work the way the melatonin manufactured in the body works to help people fall asleep more quickly.*

Melatonin and Restful Sleep

Melatonin is a hormone manufactured by our bodies. It plays an important role in the complex biochemistry that regulates many of the body's functions, including sleep. Melatonin comes from the essential amino acid L-tryptophan, which is obtained in the diet. Tryptophan is a constituent of many protein-rich foods (poultry, milk, meat, eggs, soybeans, almonds), and is used in the body for a wide range of needs. In humans, some of the tryptophan we absorb converts into an important neurotransmitter, serotonin, and some of that, in turn, is converted to melatonin in the pineal gland of the epithalamus. Melatonin is what helps the body prepare for sleep.*

How Melatonin Works: The Rhythm of Sleep and Wakefulness

To understand how melatonin works, it is important to understand the biochemistry of sleep. All plants and animals have a sleep-wake cycle, or body clock, which is an inner clock for 24-hour cycles in biochemical, physiological, and behavioral processes such as alertness, digestion, repairing tissue, peak physical ability, hunger, and sleeping.*

The sleep-wake cycle is a 24-hour internal physiological process spurred by factors such as night and day. Melatonin is an integral part of this process. As the sun sets, the darkness triggers our bodies to produce melatonin, which conveys information regarding the daily cycle of light and darkness to the entire body. Just before sunrise, melatonin production decreases.*

Supplementing with melatonin can help support this natural process for gentle, restful sleep. NightWell contains this important ingredient, as sleep is both harder to come by during times of seasonal imbalance and especially critical to immune health.*

Herbal Winter Wellness Support That Covers All the Bases

The herbal complex in NightWell combines our Wellness Herbal Resistance™ Liquid formula with additional botanical support. Included is the beloved Chinese herbal formula Yin Chiao, used in China for centuries and revered for mobilizing immune defenses. Additional time-tested herbs have been added to create an herbal complex that covers all the winter wellness bases: immune cell boosters, support for sinus and upper respiratory health, feeling good boosters, and calming and sleep support.*

Immune cell boosters: herbs that support immune function

Yin Chiao, Echinacea

Sinuses and upper respiratory health: herbs that support respiratory function and health

Yin Chiao, Horehound, Echinacea, Elderberry Fruit & Flower, Istatix Root, Bayberry, Magnolia Flower, Angelica Root

Feeling good boosters: herbs that support seasonal balance and overall wellness

Kudzu, Ginger, Cinnamon, Yin Chiao, Elderberry Fruit & Flower, Coptis

Calming and sleep support: herbs for sleep support
Passion Flower, Jujube Seed, Hops

A Better Night for a Better Day

NightWell's excellent combination of rest and immune support works symbiotically. Deep, restful sleep revitalizes the body's immune system while immune-supporting herbs help strengthen your body, to enable it to sleep well. When you are looking for a better night, for a better day, look to the makers of Wellness Formula® for the nighttime sleep and immune support NightWell offers.*



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