



THE  
BNH

# RELAXATION COCKTAIL



CORTISOL MANAGER  
TAKE 1  
CAPSULE



INSOMNITOL  
TAKE 2  
CAPSULE



MELATONIN SRT  
TAKE 1  
TABLET



ASHWAGANDHA  
TAKE 2  
DROPPERFULS

USE THESE TOGETHER IN PLACE OF ALCOHOL  
TO TAKE THE EDGE OFF AT NIGHT.

These Doses Can Be Adjusted to Meet your specific needs.

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*Contact Njeri at [NKFarvois@BNHwellness](mailto:NKFarvois@BNHwellness) or  
202.390.4938 to request the link to get these at 25% off!*



# THIS COCKTAIL IS ALSO GREAT FOR SLEEP!

I call this combination of supplements:

## **The BNH - Relaxation and Sleep "Cocktail".**

Use this in place of alcoholic beverages. It takes the edge off and reduces cortisol levels as well as can support increases in deep sleep. Being in a longer state of deep sleep allows the body to make more Human Growth Hormone, what has been called "The Fountain of Youth" hormone. Reducing cortisol also helps to reduce belly fat. And, who doesn't want to lose belly fat while they sleep?

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Feel free to reach out to BNH if you have questions or need help making the right adjustments for your body's needs.

NKJarvis@BNHwellness.com or 202-390-4938

[www.BearNutritionandHerbs.com](http://www.BearNutritionandHerbs.com)