



HK Distributor :
Holistic Solutions Limited (尚盈方有限公司)

Unit 2302 New World Tower 1
 18 Queen's Road Central, Hong Kong
 Website : holisticsolutionshk.com

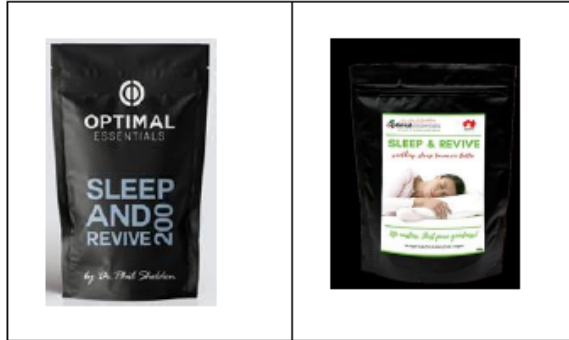
Tel: (852)26607638
 Whatsapp: (852)93869048
 Email : holisticsolutions2015@gmail.com

Dr Phil Sheldon's
optimalessentials
 a fusion of science and nature



Sleep and Revive

Helps you sleep naturally



Price : HK\$560.00



Nutritional Information

Ingredients	Per 8g Serve	Per 100g
Energy	162kJ	1620kJ
Protein	1.4g	13.8g
Fat, total	1.0g	9.6g
- saturated	0.1g	0.9g
Carbohydrate	6.2g	62.2g
- sugars (naturally occurring)	3.5g	34.7g
Sodium	8mg	77mg

Protect and nourish your brain

A good night's sleep sets you up for the day ahead. Sleep and Revive helps you sleep, calm and relax your mind, support your immune system, ease anxiety and even aids digestion. Sleep & Revive helps you sleep well so you wake in the next morning feeling refreshed & energized.

You can rest assured knowing it's made with 100% natural food ingredients, so you can expect the best sleep of your life, without worrying about any nasty side effects.

Why you'll love it:

- Assist & nourishes a natural sleep pattern
- Delivers your body nutrients WHILE you sleep
- Contains clinically proven natural ingredients to assist sleep and relaxation of your mind.
- Not a sedative and NO side-effects.
- Safe with all medication and Diabetics

We use a combination of certified organic and organically-grown ingredients.

Ingredients:

Organic Mesquite, Banana Powder, Walnut Meal, Chia Seed, Turmeric, Coconut Oil Powder, Cinnamon, Ginger, Carrot, Vanilla Flavour, Nutmeg, Black Pepper



NO!

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix. All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.