

BETTER SLEEP LESS STRESS BUNDLE



WHICH SUPPLEMENTS TO TAKE DAILY FOR 12 WEEKS



MULTIVITAMIN - 1 DAILY

TAKE YOUR MULTIVITAMIN WITH A MAIN MEAL. NUTRIENTS WORK TOGETHER AND ARE ABSORBED IN THE PRESENCE OF OTHER NUTRIENTS. THIS MULTIVITAMIN ALSO CONTAINS 1000IU'S OF VITAMIN D WHICH IS AN EXCELLENT MAINTENANCE DOSE







MEGAMAG CALMEZE - 1 SCOOP DAILY

MIX ONE SCOOP WITH WATER OR WE PREFER A SLIGHTLY THICKER CONSISTENCY SO MIX WITH A LITTLE FRUIT JUICE / SMOOTHIE AND WATER. EXPERIMENT A BIT AND YOU WILL FIND YOUR PERFECT BLEND. CONTAINS 200MG OF MAGNESIUM. THIS IS A GREAT BLEND FOR THOSE FEELING WIRED / ANXIOUS OR HAVE POOR SLEEP. TAKE AT ANY TIME

MAGNESIUM GLYCINATE - 2-3 DAILY

THESE ARE 100MG TABLETS SO GREAT FOR ADDING IN FLEXIBLE DOSES OF MAGNESIUM. AROUND 400MG (BUT SOME PEOPLE TAKE 600MG) OF MAGNESIUM IS A GREAT TARGET WHEN UNDER STRESS - STRESS INCREASES DEMAND FOR MAGNESIUM. 2 OF THESE TABLETS AND MEGAMAG CALMEZE DAILY WILL PROVIDE 400MG OF MAGNESIUM. TAKE AT ANY TIME WITH A MAIN MEAL

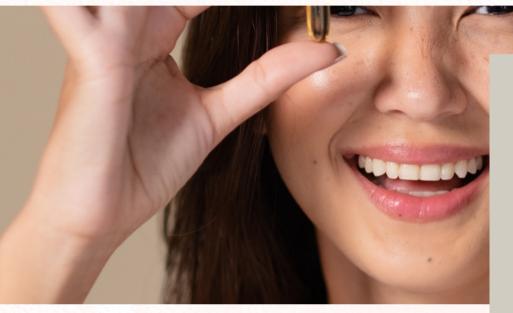
ADRESET - 2 DAILY

THIS IS A HERBAL BLEND OF CONCENTRATED ADAPTOGENS, INCLUDING GINSENG ROOT, CORDYCEPS, AND RHODIOLA EXTRACTS. ADAPTOGENS ARE A SELECT GROUP OF HERBS KNOWN TO SUPPORT THE BODY'S NATURAL ABILITY TO DEAL WITH STRESS. TAKE 2 CAPSULES DAILY - 1 IN THE AM AND 1 IN THE PM

ASHWAGANDHA - 2 DAILY

500MG CAPSULES PROVIDING ASHWAGANDHA EXTRACT AS KSM-66® WHICH IS A HIGH POTENCY FORM EXTENSIVELY STUDIED AND LONG USED IN TRADITIONAL MEDICINE TO SUPPORT STRESS, ANXIETY, MEMORY, COGNITIVE FUNCTION, HORMONE BALANCE, ENERGY AND VITALITY. TAKE 2 CAPSULES DAILY - 1 IN THE AM AND 1 IN THE PM

moving forward LONG TERM SUPPLEMENTATION



We appreciate most of us have to consider budget when making purchasing decisions. So, once you start to feel better, or after the initial 12 week period, here is an example of how to approach supplementation.

- 1 x multivitamin continue daily
- Megamag Calmeze 2-3 x per week (product will then last for 60 to 90 days)
- Magnesium Glycinate 1-2 daily (product will then last for 90 - 120 days)
- Adreset 1 x daily but 2 when feeling extra stressed (1 capsule daily the product will last for 60 days)
- Ashwagandha 1 x daily (product will last for 60 days)

Long term, think about taking most supplements intuitively.

For Example: Taking a multivitamin daily makes sense. But, after the initial 12 weeks products like Megamag Calmeze you may only need once or twice a week, or during high periods of stress, when you are feeling anxious or overwhelmed, can't switch off, or your sleep is worsening.

ELIXAN WOMEN'S HEALTH

WEEKLY SLEEP PROGRESS



WEEKLY STRESS PROGRESS

ELIXAN

WOMEN'S HEALTH

| Stress levels 1-5 (1 being low / good, 5 b | | | | 12 w | eeks |
|--|---|---|---|------|------|
| | 1 | 2 | 3 | 4 | 5 |
| Week 1 | | | | | |
| Week 2 | | | | | |
| Week 3 | | | | | |
| Week 4 | | | | | |
| Week 5 | | | | | |
| Week 6 | | | | | |
| | | | | | |
| Week 7 | | | | | |
| Week 8 | | | | | |
| Week 9 | | | | | |
| Week 10 | | | | | |
| Week 11 | | | | | |
| Week 12 | | | | | |

WEEKLY ENERGY LEVELS

ELIXAN

WOMEN'S HEALTH

| Energy levels 1-5 (1 being poor, 5 being gre | | Nonit a | or for | 12 we | eeks |
|--|---|----------------|--------|-------|------|
| | 1 | 2 | 3 | 4 | 5 |
| Week 1 | | | | | |
| Week 2 | | | | | |
| Week 3 | | | | | |
| Week 4 | | | | | |
| Week 5 | | | | | |
| Week 6 | | | | | |
| Week 7 | | | | | |
| Week 8 | | | | | |
| Week 9 | | | | | |
| Week 10 | | | | | |
| Week 11 | | | | | |
| Week 12 | | | | | |

SETTING GOALS

Setting goals can be a great way to keep you on track and remind you why you are committed to your new lifestyle. Start with one sleep and relaxation goal, one exercise or activity goal, and 1-2 healthy eating goals.

And remember, it's perfectly normal for goals to change along the way so keep assessing your progress and creating new goals to keep things fresh!

| | 30 DAYS |
|-----|---------|
| LAN | 0 |
| [d] | 0 |
| IO | 0 |
| ACT | 0 |

| | 50 DAYS | |
|------|---------|--|
| LAN | D | |
| Id N |) | |
| O | D | |
| ACT |) | |

| | 90 DAYS |
|------|---------|
| LAN | 0 |
| N PI | 0 |
| IO | 0 |
| ACT | 0 |

PLANNING AHEAD

Planning ahead and scheduling parts of your day to your wellness can be really effective and fun. For example, Wednesday might be your day when you leave work on time, keep the laptop off in the evening, and spend time doing something you enjoy that is great for your wellbeing! And remember, if it's important to you, **schedule it and prioritise it if you have too!**



CHECKLIST IDEAS

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WOMEN'S HEALTH



Emotional activities for the week

Journal

- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



This checklist can be ideas that work for you so personalise them and aim to fulfil them all over the course of a week.

Print it and pin it up where you can see it daily and you will gradually find what works best for you. Try noting down something once per week. Perhaps how you are feeling or sleeping, or something you achieved in the week that made you proud or you loved doing, or ideas for the coming week:-)

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