

# SLEEP BETTER

## BUNDLE

Good sleep is essential for maintaining optimal physical health, enhancing mental well-being, and promoting overall vitality. During restful nights, the body repairs tissues, builds muscle, and strengthens the immune system, while also regulating hormones that control appetite, aiding in weight management and reducing the risk of obesity.

Mentally, quality sleep improves concentration, problem-solving skills, and decision-making abilities, while also regulating mood and lowering the risk of anxiety and depression. Additionally, adequate sleep boosts energy levels, reduces stress, enhances creativity, and supports a balanced lifestyle, contributing to a longer, healthier, and more fulfilling life. By prioritizing sleep, you invest in every aspect of your health and happiness, ensuring a vibrant and well-rounded well-being!

**Sleep Magnesium Oil:** Our Magnesium Oil spray combines Davana, Lavender, Plumeria, and Ylang Ylang essential oils. Designed to calm the mind and body, it promotes deep, restorative sleep. Add this powerful, easy-to-use solution to your daily routine and experience improved health and well-being today.

**Mind:** Mind's powerful ingredients nourish the brain and reduce inflammation that can lead to memory and cognitive dysfunction. By targeting the connection between brain inflammation and mental health disorders, Mind helps users experience a sense of calm, increased happiness, and improved sleep from the very first use.

**Calm:** Enhance your sleep with our soothing Calm blend, specially crafted to support your nervous system and promote restful nights. The sweet, beautiful fragrance helps calm your nerves and fosters emotional balance, making it easier to unwind and drift into deep sleep.

Transform your nights with the Sleep Better Bundle, a powerful trio of natural, high-quality products designed to seamlessly fit into your nightly routine. This thoughtfully crafted bundle offers holistic support for achieving deep, restorative sleep, helping you wake up refreshed and energized every morning.

Enhance Your Sleep with the Sleep Better Bundle!



A specially formulated spray meticulously crafted to ease the mind and body, creating the perfect environment for a deep and restorative night's sleep.\*

→ Apply three sprays on each foot, approximately 10 to 15 minutes before bedtime. Massage in and cover with socks.\*



The ingredients in Mind provide powerful nourishment for the brain and help the body with inflammation that may be responsible for causing memory and cognitive dysfunction.\*

→ Add ½ teaspoon to water, milk, juice, etc. approximately 30 minutes before bedtime.\*



A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.\*

→ Apply 1 to 2 drops behind each ear and/or on the wrists.\*

# INGREDIENTS & CAUTIONS

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## Ingredients

**Sleep Magnesium Oil:** Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands, *Artemisia pallens* (Davana) Flower Oil, *Lavandula angustifolia* (Lavender, vera) Flower Oil, *Plumeria obtusa* (Plumeria) Flower Oil, *Cedrua atlantica* (Cedarwood, atlas) Wood Oil, *Cananga odorata* (Ylang Ylang Complete) Flower Oil, *Magnolia champaca* (Champaca) Flower Oil, *Polianthes tuberosa* (Pink Tuberose) Flower Oil

**Mind:** Organic Carrot (Root) Juice Powder, *Mucuna pruriens* (Seed) Extract, *Bacopa monnieri* (Leaf) Extract, Licorice (Root) Extract, Vegetable DHA (Docosahexaenoic acid) Powder, Organic Camu Camu (Berry) Powder, Organic Turmeric (Root) Powder, Organic Coconut (Fruit) Powder, Organic Ashwagandha (Root) Powder, Organic *Astragalus membranaceus* (Root) Powder, *Rhodiola rosea* (Root) Powder, *Panax Ginseng* (Root) Powder, *Triphala* Powder, *Luo han guo* (Fruit) Powder

**Calm:** *Citrus reticulata* (Tangerine), *Citrus sinensis* (Orange, sweet), *Citrus paradisi* (Grapefruit, pink), *Cananga odorata* (Ylang Ylang Complete), *Tanacetum anuum* (Tanacetum Annuum), *Rosa damascena* (Rose), *Aniba rosaeodora* (Rosewood)

## Sleep Oil Cautions

- Use only as directed.
- For external use only.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not apply on open wounds, irritated skin, recently shaven skin, or broken skin.
- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Discontinue use if irritation occurs.

## Mind Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

## Calm Cautions

- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.
- The blue/green color of this blend could potentially discolor clothing or bedding.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

# Sleep Magnesium Oil

75,000mg magnesium

4 ounce

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands, Artemisia pallens (Davana) Flower Oil, Lavandula angustifolia (Lavender, vera) Flower Oil, Plumeria obtusa (Plumeria) Flower Oil, Cedrus atlantica (Cedarwood, atlas) Wood Oil, Cananga odorata (Ylang Ylang Complete) Flower Oil, Magnolia champaca (Champaca) Flower Oil, Polianthes tuberosa (Pink Tuberose) Flower Oil

## suggested use

Shake well before use. Spray generously on thighs, neck, shoulders, and chest approximately 10 to 15 minutes before bedtime. It's normal to notice some salt residue on your skin afterward; you can either leave it on or rinse it off as desired. Any tingling or itching should fade as the oil soaks in.\*

## responsible cautions

- Use only as directed.
- For external use only.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not apply on open wounds, irritated skin, recently shaven skin, or broken skin.
- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Discontinue use if irritation occurs.

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## topical magnesium advantage

### ABSORPTION

When absorbed directly into the bloodstream through the skin, topical magnesium can provide faster relief of magnesium deficiency symptoms such as muscle cramps, fatigue, headaches, and stress.\*

### EASE OF USE

Topical magnesium is an excellent alternative for individuals who have difficulty swallowing pills.\*

### TARGETED APPLICATION

Topical magnesium can be applied directly to specific areas of the body that require relief or support.\*

## product summary

Magnesium plays a vital role in over 300 bodily functions, yet 2 out of 3 people are unknowingly deficient in it. Zechstein magnesium chloride is one of the most bioavailable and easily absorbed forms for topical use.\*

Our ultra-concentrated solution of Zechstein magnesium chloride is a simple and powerful way to harness the benefits of this vital mineral. Our magnesium chloride is naturally sourced from 1,500 meters below the surface of the ancient Zechstein Sea Bed, formed over 250 million years ago. This pristine underground source has remained untouched by modern pollution, making it one of the purest forms of magnesium chloride available.\*

Studies show that magnesium can help reduce stress, anxiety, muscle soreness, joint pain, headaches, PMS, and skin conditions like eczema and psoriasis, while also promoting restful sleep. Additionally, it aids in calcium absorption, supporting bone health and growth.\*

Experience the restorative benefits of our Magnesium Oil, combined with Davana, Lavender, Plumeria, and Ylang Ylang essential oils in a specially formulated spray meticulously crafted to ease the mind and body, creating the perfect environment for a deep and restorative night's sleep. Add this simple yet effective solution to your routine and feel the difference in your health and well-being today!\*

## ingredient highlights

- **Davana** is known for its calming and soothing properties, making it an excellent aid for sleep. Its sweet, fruity aroma helps to relax the mind, reduce anxiety, and ease stress, which are common barriers to restful sleep. Its ability to harmonize the emotions further enhances its effectiveness as a natural sleep aid.\*
- **Lavender** essential oil is renowned for its calming effects, making it a popular choice for promoting better sleep. Its soothing aroma helps to relax the nervous system, reduce anxiety, and create a peaceful environment, which can make it easier to fall asleep and stay asleep.\*

# MIND

ayurvedic brain superfoods

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Carrot (Root) Juice Powder, Mucuna pruriens (Seed) Extract, Bacopa monnieri (Leaf) Extract, Licorice (Root) Extract, Vegetable DHA (Docosahexaenoic acid) Powder, Organic Camu Camu (Berry) Powder, Organic Turmeric (Root) Powder, Organic Coconut (Fruit) Powder, Organic Ashwagandha (Root) Powder, Organic Astragalus membranaceus (Root) Powder, Rhodiola rosea (Root) Powder, Panax Ginseng (Root) Powder, Triphala Powder, Luo han guo (Fruit) Powder

## suggested use

- Add ½ teaspoon MIND to milk, juice, smoothies, etc. Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to 2 times daily.

## responsible cautions

- Keep out of reach of children and pets.
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## product summary

As we age more and more of us are seeing our bodies outlasting our brain. The increase in devastating mind-related disorders is heartbreaking for so many.\*

Scientists have long known that inflammation contributes to these conditions, but lately, they have been turning up evidence that inflammation can affect the brain more directly, and acutely, and might underlie a wider range of brain problems.\*

The ingredients in Mind provide powerful nourishment for the brain and help the body with inflammation that may be responsible for causing memory and cognitive dysfunction.\*

The link between brain inflammation and mental health disorders may explain why the first things some customers experience when taking Mind are a sense of calm, increased feelings of happiness, and improved sleep.\*

## ingredient highlights

- **Mucuna Pruriens:** Naturally contains high levels of Levodopa, or L-dopa, which plays an important role in behavior, sleep, mood, memory, and learning.\*
- **Bacopa Monnieri:** Its use as a nerve and brain tonic for memory, learning, and concentration goes back at least 3,000 years.\*
- **Docosahexaenoic Acid (DHA):** A crucial omega fatty acid for the healthy structure and function of the brain. Studies suggest benefits on brain health and aging.\*
- **Curcumin (Turmeric):** Research studies at The Ohio State University found that Curcumin reduced the deadly amyloid plaque that develops in the brains of those with Alzheimer's.\*
- **Licorice Root:** Research conducted by Dr. Rosemarie Booze, a neuroscientist and professor, found a compound in licorice root that could prevent or slow down the cell death associated with neurodegenerative diseases such as Alzheimer's and Parkinson's.\*
- **Adaptogen Complex:** Adaptogenic herbs simultaneously calm and energize. Their unique abilities help improve mood, mental clarity, and physical stamina.\*

# CALM

stress relief blend

10ml

**HBNaturals**  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #2

## ingredients

Citrus reticulata (Tangerine), Citrus sinensis (Orange, sweet), Citrus paradisi (Grapefruit, pink), Cananga odorata (Ylang Ylang Complete), Tanacetum annuum (Tanacetum Annuum), Rosa damascena (Rose), Aniba rosaeodora (Rosewood)

## responsible cautions

- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.
- The blue/green color of this blend could potentially discolor clothing or bedding.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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## product summary

You can use this sweet smelling blend to assist your nervous system while breaking life-draining addictions. The beautiful fragrance helps one's nerves stay calm and supports a person emotionally to remain resolute in the desire to overcome addictive behaviors.\*

Children find this blend very relaxing, particularly if they are overstimulated and cannot go to sleep.\*

This blend has been diffused with good success in schools with ADD children who cannot settle down in the afternoons.\*

The essential oils in this formula have a direct response on the brain, therefore, it is most effective when inhaled.\*

A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.\*

## ingredient highlights

- **Ylang Ylang Complete:** The fragrance is soft, sweet, and erotic. It stimulates the same part of the brain that releases endorphins.\*
- **Sweet Orange:** Orange is known as the Oil of Tranquility. Emotionally, Orange is an uplifting, anti-depressive, and de-stressing essential oil without being sedative.\*
- **Rose:** Even in highly diluted concentrations, Rose Oil has a very strong psychological effect; it is a good tonic to the soul.\*

## uses

- Mix 10-12 drops Calm in ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. Mix thoroughly for a relaxing bath before bedtime to promote restful sleep.\*
- Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close your eyes and mist around your body to create a soothing environment and increase relaxation. Particularly helpful in children's rooms at bedtime.\*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.\*
- Dilute 6 to 10 drops in 1 ounce of carrier oil and massage as desired for relaxation.\*
- Apply 1 to 2 drops to pulse points.\*
- Apply 2 to 4 drops to the soles of the feet to help relax the body quickly and effectively.\*