FACTS AND QUESTIONS

+ **HOW OFTEN SHOULD I TAKE A SHOT? CAN I TAKE ONE EVERY NIGHT?**
We recommend drinking one Sleep Shot every night on a short term basis or as needed. After a month or two, it’s best to take a break and try sleeping without supplementation. The melatonin in our shots can help regulate your wake-sleep cycle and get you back on a healthy sleeping schedule, while kava kava helps lull you off to sleep. But once you’ve got your nightly sleep schedule regulated, it’s best to take a break from melatonin and pick your Sleep Shots back up if and when life’s chaos throws your sleep out of whack again.

+ **WHAT ARE THE FUNCTIONAL INGREDIENTS IN THE SLEEP SHOT?**
The two main active ingredients are melatonin and kava kava. Melatonin is a hormone naturally produced by the body, and it plays an important role in regulating your wake-sleep cycle. Melatonin levels are naturally highest in the blood at night, but this hormone doesn’t make you sleep, it serves the purpose of letting your body know that it’s night time and fosters feelings of relaxed wakefulness. Although our bodies produce melatonin on their own, additional supplementation can help insomniacs, night owls, people with jet lag, or anyone who just needs a little extra help getting to sleep.

The other active ingredient in our Sleep Shot is kava kava. Kava kava is a medicinal root from the South Pacific with a long history of social, ceremonial, and therapeutic uses. It is a mild sedative that can help calm anxiety in its many forms, promote relaxation and calmness, alleviate stress, and even has been reported to induce feelings of euphoria. We put it in our sleep shot to help take the edge off as you drift gently off to sleep with the added help of 2mg of melatonin.

+ **WHEN SHOULD I DRINK A SLEEP SHOT?**
We recommend drinking your Sleep Shot one to two hours before bedtime. You may start to feel the effects as soon as 30 minutes after drinking your shot.

You should not consume a Sleep Shot before operating heavy machinery or driving.

+ **DO I HAVE TO DRINK THE SHOT ALL AT ONCE?**
No, you can drink it as quickly or slowly as you feel comfortable.

+ **HOW MANY SHOTS CAN I TAKE PER NIGHT?**
When it comes to melatonin, less is more. It’s best to drink one Sleep Shot per night, which contains 2 mg of melatonin per bottle. Most people benefit from taking no more than 1-3 mg of melatonin per
Welcome! This is your guide for:

Sleep Shots

Questions?
We are here for you. Contact us with any questions and concerns at:
support@rawgeneration.com
CALL: 732-305-2870
TEXT: 732-876-9373

Thawing Instructions

+ Bottles should arrive frozen.
+ Store bottles in your freezer until you are ready to start drinking them.
+ Thaw out the number of bottles you plan on drinking each day, no more than 2 bottles per day.
+ Thaw the bottles in your refrigerator. Thawing may take 6-8 hours depending on how cold your refrigerator is.
+ Once thawed, bottles should remain in the refrigerator and be consumed within 24 hours.

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+ Can I use these on a cleanse?
Absolutely! Our Sleep Shots are made with cold-pressed fruit juices and natural ingredients that won’t sabotage your cleanse results.

+ Can I drink this shot if I am pregnant or breastfeeding?
If you are pregnant or breastfeeding you should consult a physician. Unfortunately, there is a lack of research on kava’s safety for pregnant and nursing mothers and it may be best to avoid altogether.

+ How should I store the bottles?
Since our products are shipped frozen, there is no rush to drink them. If you do not plan on consuming them as soon as you receive your shipment, store the bottles in the freezer. Otherwise, thaw them in the refrigerator.

+ What is the shelf life?
The bottles can be stored in the freezer for up to 6 months. Once completely thawed in the refrigerator (may take 6-8 hours depending on how cold your refrigerator is), they should be consumed within 24 hours. They should be refrigerated at all times and consumed very cold.

+ What else can I do to improve my sleep?
A few things that may also help you drift off to dreamland faster include:
  • Wear blue light blocking glasses when looking at screens throughout the day.
  • Expose yourself to natural light throughout the day.
  • Exercise regularly during the day.
  • Avoid sugar and refined carbs.
  • Limit alcohol and caffeine consumption, especially later in the day/evening.
  • Avoid eating heavy meals before bedtime. You should allow at least 3 hours between your last meal and going to bed. If you feel hungry, but it’s too close to bedtime, grab a cold-pressed juice or plant-based smoothie. This won’t burden your digestive system and disrupt your sleep the way solid foods do.
  • Avoid screens as much as possible before bedtime.
  • Sleep in complete darkness. Turn off that night light.
  • Get more magnesium into your diet. Magnesium rich foods include raw cacao, pumpkin seeds, leafy greens, avocados, almonds, and quinoa.