

CHILDREN'S SLEEP SUPPORT



**Phytomelatonin
Tryptophan & Procyanidins**

Natural Way to a Healthy Sleep



tru2u.co.nz

Did You Know?

Every Function of the Body is Impacted by Sleep!

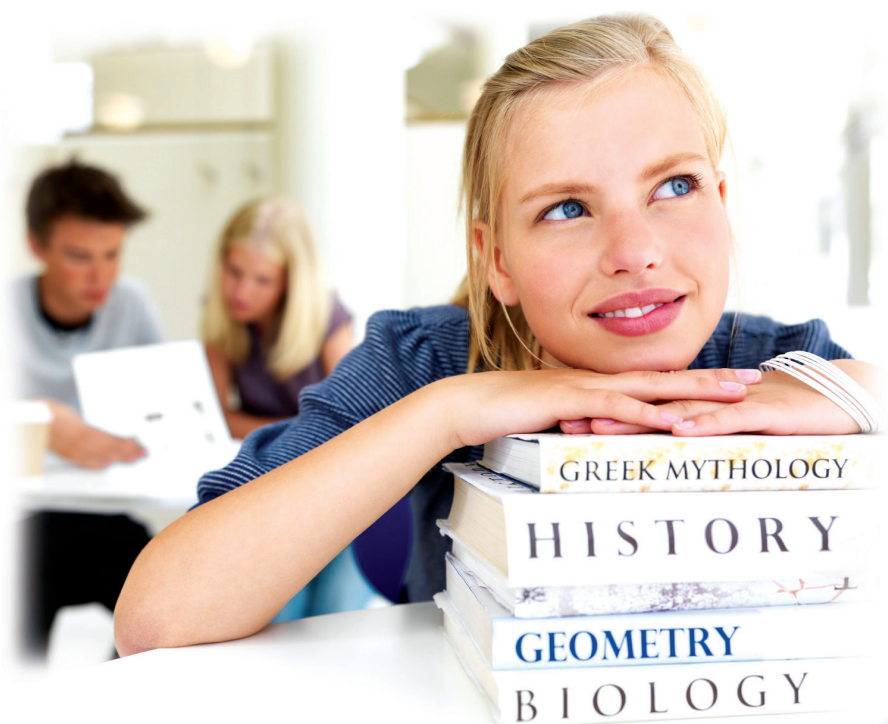
- Sleep deprivation impacts children in different ways to adults, tired children tend to 'speed up' rather than slow down.
- Lack of sleep can affect children's school performance with poor focus and concentration.
- If a child loses 1 hour of sleep, it is equivalent to the loss of 2 years of cognitive maturation and development the next day! This means a 6 year olds behaviour would be that of a 4 year old.
- When we are sleep deprived, we may want to eat more, making it difficult to maintain a healthy weight.
- Children benefit from the rich source of phytonutrients and antioxidant anthocyanins in supporting their immune system.
- Lack of sleep may be a contributing factor to depression.



How Much Sleep do You Need?

The Power of Sleep

According to the National Institutes of Health, babies, children and teens need more sleep than adults (who average between 7.5 to 9 hours). Sleep requirements differ from one child to the next depending on age, physical activity levels and general health.



Primary School Children need on average 10 to 11 hours. Studies show that increasing your child's sleep by as little as half an hour can dramatically improve school performance.

Teenagers need on average almost the same as young children! Teenagers have an increased sleep requirement due to hormonal and lifestyle changes such as social engagements, peer pressure and early school starts.

There is evidence that around the time of becoming a teenager, there is often a shift in the sleep-wake cycle to becoming 'sleepy' later in the evening with a preference for waking later. This is often hormone related, and research shows that this pattern can be reset to a normal routine.



Average Sleep Requirements

Age	Hours
Newborns (0-2 months)	12 - 18
Infants (3-12 months)	14 - 15
Toddlers (1 to 3 years)	12 - 14
Preschoolers (3 to 5 years)	11 - 13
School-aged children (5 to 12 years)	10 - 11
Teens and preteens (12 to 18 years)	8.5 - 10
Adults (18+)	7.5 - 9

How do I Use Tru2U Sleep Support?

- **IMPORTANT:** May take 2 - 4 weeks or longer to start feeling the benefits.
- Consume daily for at least 1 month, one hour before bed for optimum results.
- Tru2U Children's Sleep Support must be refrigerated or frozen whenever possible to retain the nutrition levels.
- Dilute one part juice to seven parts water, or to taste - **DO NOT HEAT!**
- The concentrate will not freeze solid when frozen, remaining pourable straight from the freezer.
- Reduce serving size according to body weight (see table below).
- Babies must have consumed solids for 2 months.
- The concentrate tastes great over yoghurt or as an ice cream topping!
- Blend into smoothies or mix with other juices.
- Always read the label and use as directed.



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Natural Way to Support Healthy Sleep

Support Quality Sleep, Weight Management, Good Health & Well Being

Tru2U Children's Sleep Support is produced from Montmorency Tart Cherries and certain varieties of New Zealand Sweet Cherries which contain naturally occurring phytemelatonin, tryptophan and procyanidins to support regular and restful sleep in babies and children.

- ✓ 100% pure & natural
- ✓ No added sugar
- ✓ No artificial colours
- ✓ No colouring agents
- ✓ No preservatives
- ✓ No dairy or nuts
- ✓ Gluten free
- ✓ Low Glycemic Index (GI - 54)
- ✓ Suitable for many diabetics
- ✓ Tastes delicious
- ✓ Immune boost - potent antioxidants
- ✓ Drip free pourer - no mess
- ✓ HDPE Plastic - does not leach into juice
- ✓ HDPE Plastic - fully recyclable

What is Phytemelatonin?

Phytemelatonin is a naturally occurring phytonutrient found in Montmorency Tart Cherries and certain varieties of New Zealand Sweet Cherries. Phytemelatonin supports your body's regular and natural sleep pattern.

Your sleep hormone, melatonin, is secreted by your brain's pineal gland in small amounts as you wind down at the end of the day and prepare for sleep. As you drift off into your 'light sleep', more melatonin is secreted.

Higher levels of your sleep hormone are secreted when you reach your 'deep sleep' state, usually 2-3 hours after you have slept continuously.

What is Tryptophan?

Tryptophan is an amino acid which is also naturally occurring in Montmorency Tart Cherries and certain varieties of New Zealand sweet cherries.

When consumed at night, tryptophan has been shown to support healthy levels of serotonin and melatonin. Tryptophan and the molecules it produces influence many functions in the body, including sleep, mood and behaviour.

What are Procyanidins?

Procyanidins B-2 are phenolic compounds from plants which are abundant in Tru2U's Cherries. Research studies on procyanidins have shown they have many health benefits, especially in supporting the repair of oxidative damage, healthy blood sugar levels, heart health and healthy cells.

Why Can't I Sleep?

Unfortunately many of us wake before we reach our deep sleep which disrupts our sleep/wake cycle. Therefore your pineal gland does not naturally produce enough melatonin to achieve a quality sleep, and to sleep continuously through until morning.

Your sleep hormone is only produced at significant levels when it is dark. It is imperative to sleep in a dark room with no light as your body's natural production of your sleep hormone will be affected by even small amounts of light.

The light from a clock radio or a night light is enough light to signal the brain that daytime is coming and to prepare your body for waking by slowing down the production of your sleep hormone. Try to keep night lights subtle.

Children Benefit from Phytemelatonin

Sleep is as important to the human body as food and water, but most children don't get enough sleep. Insufficient sleep or disruptions to the sleep-wake cycle, may cause fatigue, stress, depression, weight gain and poor concentration.

NB: When taken during daylight, phytemelatonin will not make you sleepy, however children will still benefit by day in a dark room.

Offers Support For:

- A quality and restorative sleep
- Helping children relax into sleep
- Children who wake frequently
- Returning to sleep easily when woken
- Weight management
- Healthy brain function
- Mental focus
- Mood balance
- Healthy energy levels
- Stress management
- A healthy immune system
- Good health and well-being



Children's Sleep Support



Tart Cherry Concentrate

- 3-7 weeks supply for a child
- Sweet-tart taste
- 100% pure and natural
- Absolutely nothing added
- 100% pure fruit juice concentrate
- 250ml of concentrate makes up 2 litres
- No added sugar, no artificial sweeteners
- Drip free pourer - no mess
- For best results keep chilled whenever possible



Sweet Cherry Concentrate

- 3-7 weeks supply for a child
- Soft velvety taste
- 100% pure and natural
- Absolutely nothing added
- 100% pure fruit juice concentrate
- 250ml of concentrate makes up to 2 litres
- No added sugar, no artificial sweeteners
- Drip free pourer - no mess!
- For best results keep chilled whenever possible

Concentrate Serving Sizes

Most children enjoy a dilution of 1 part concentrate to 7 parts water, or pour the concentrate over yoghurt. The recommended serving size is in proportion to the child's body weight.

NB - Babies must have consumed solids for 2 months.

Body Weight	Concentrate
10 -20kg	5ml
20-30kg	10ml
30-40kg	15ml
40-55kg	20ml



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 scientific references

