

SLEEP SUPPORT

New Zealand Sweet Cherry & Montmorency Tart Cherry



Phytomelatonin
Tryptophan & Procyanidins

Supporting Quality Sleep for
Adults, Children & Babies



tru2u.co.nz

Which Product is Best for Me?

Busy and active mind, find it hard to wind down? Anxious or nervous?



- L-Theanine supports a calm mind and body
- L-Theanine is an amino acid found in green tea and is caffeine free
- Phytomelatonin supports a quality and restorative sleep
- Phytomelatonin naturally occurs in Montmorency Tart Cherry Skins
- 100mg L-Theanine per two capsules
- Tryptophan supports healthy levels of serotonin and melatonin
- Procyanidins for a healthy immune system
- 60 vege-caps, suitable for vegetarians and vegans
- 1 capsule daily one hour before bed



Tru2U Sleep Support
Tart Cherry & L-theanine
Capsules 60 vege-caps
1 month supply

Stiff joints, high uric acid levels? Aching, tight or restless muscles?

- Phytomelatonin, tryptophan and procyanidins support a quality and restorative sleep
- High concentrations of anthocyanins 1 & 2 act like a neutraliser, by calming and comforting joints
- Uricase is a naturally occurring enzyme which is involved in uric acid breakdown
- Uricase supports healthy pH levels which also calms and gives comfort to joints for ease of mobility
- 100% Pure Tart Cherry Concentrate
- Serving sizes reduced by weight (see table)
- Dilute to taste
- Take one hour before bed



Tru2U Sleep Support
Tart Cherry Concentrate
Original Strength 1 litre
1 month supply

Travellers and shift workers; or pure convenience.



Convenient Single Serve Sachets

- Phytomelatonin, tryptophan and procyanidins support a quality and restorative sleep
- 100% Tart and Sweet Cherry concentrates
- 14 individual, 30ml single serve sachets
- Presented in a convenient compostable pouch
- Dilute with water to taste
- Take one hour before sleep

Pure Tart Cherry Skins Capsules

- Two capsules are equivalent to 30ml of original strength juice
- No fillers, highest possible quality
- 1 capsule daily one hour before bed



Tru2U Sleep Support
Single Serve Sachets 30ml
x14 individual sachets
2 week supply

Tru2U Sleep Support
Pure Tart Cherry Skins
Capsules 60 vege-caps
1 month supply

I just want sleep...

Tart Cherry Double Strength or New Zealand Sweet Cherry Concentrates?

Both are effective and contain naturally occurring phytomelatonin, tryptophan and procyanidins which support a quality and restorative sleep.

New Zealand Sweet Cherry Concentrates

- Locally made from New Zealand grown cherries
- Soft, velvety delicate taste
- 30ml concentrate average adult serve
- Dilute to taste, 1 hour before bed

Tart Cherry Double Strength Concentrate

- Refreshing sweet-tart taste
- 15ml concentrate average adult serve
- Dilute to taste 1 hour before bed



Tru2U Sleep Support
New Zealand
Sweet Cherry Concentrate
1 litre - 1 month supply

Tru2U Sleep Support
Double Strength
Tart Cherry Concentrate
1 litre - 2 month supply

Natural way to support healthy sleep for children and babies.

- 100% pure and natural for a quality and restorative sleep
- Helps children relax into sleep
- Helps children go to sleep faster
- Helps children return to sleep easily when woken
- Supports good sleeping habits for longer sleep
- Supports their immune system
- Mood balance
- Healthy brain function
- Weight management
- Good health and wellbeing

**** NB Babies must have consumed solids for 2 months.**



Children's Sleep Support
Original Strength
Tart Cherry Concentrate
250ml 3-7 week supply

Children's Sleep Support
Original Strength
NZ Sweet Cherry Concentrate
250ml. 3-7 week supply



Recommended Serving Sizes for Tru2U Sleep Support

For children or smaller adults we recommend the serving size be reduced in proportion to their body weight. Most people enjoy a dilution of 1 part juice to 7 equal parts water. Do not heat.

| Body Weight | Original Strength Concentrate | Double Strength Concentrate |
|-------------|-------------------------------|-----------------------------|
| 70+ kg | 30ml | 15ml |
| 55-70 kg | 25ml | 13ml |
| 40-55 kg | 20ml | 10ml |
| 30-40 kg | 15ml | 8ml |
| 20-30 kg | 10ml | 5ml |
| 10-20 kg | 5ml | 3ml |

(A small syringe makes measuring small quantities easier)

How do I use Tru2U Sleep Support?

- **IMPORTANT:** May take 2-4 weeks or longer to start feeling the benefits
- Enjoy one hour before bed to support good sleeping habits
- Consume daily for at least 4 weeks for optimum results
- Dilute 1 part juice to 7 equal parts water, or dilute to taste - DO NOT HEAT
- Tru2U Sleep Support products should be refrigerated or frozen whenever possible to protect the nutritional benefits
- The concentrate will not freeze solid when frozen, remaining pourable straight from the freezer
- For added convenience mix up a sealed jug and keep in the fridge
- For children and toddlers reduce serving size according to body weight
- Babies must have consumed solids for 2 months
- Tastes great over yoghurt
- Use as an ice-cream topping
- Blend into smoothies or mix with other juices
- Consult your practitioner if you take Warfarin
- Always read the label and use as directed





The Natural Way – Phytomelatonin

Supporting Quality Sleep, Good Health & Well Being

Tru2U Sleep Support is produced from Montmorency Tart Cherries and certain varieties of New Zealand Sweet Cherries which contain naturally occurring phytomelatonin, tryptophan and procyanidins, to support regular sleep patterns for adults, children and babies.

Why Tru2U Sleep Support?

- 100% pure fruit concentrate - superior quality with absolutely no additives, no added sugar or artificial sweeteners, no preservatives, no flavours or colouring agents
- Protected - black HDPE plastic bottle does not leach into the juice or let light in, protecting the phytomelatonin which is a potent antioxidant
- More effective - our products are kept chilled whenever possible to maintain superior quality
- Non-addictive - no drowsiness the next morning, suitable for long term use
- 100% natural - may be enjoyed during pregnancy and breastfeeding
- Low Glycemic index (GI 54) so suitable for many diabetics
- Potent antioxidants and anthocyanins to support the immune system
- Tart Cherries have a delicious and refreshing sweet-tart taste
- NZ Sweet Cherries are deliciously smooth, sweet and velvety

What is Phytomelatonin?

Phytomelatonin is a naturally occurring phytonutrient found in Montmorency Tart Cherries and certain varieties of New Zealand Sweet Cherries, to support 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 of your sleep hormone is secreted. Higher levels of melatonin are secreted when you reach your 'deep sleep' usually after 2-3 hours of continuous sleep.

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 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 won't naturally produce enough melatonin to achieve a quality sleep, and to sleep continuously through until morning.

Melatonin 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.

Even the light from a clock radio is enough to signal the brain that daytime is coming and will prepare your body for waking by slowing down the production of your melatonin.

NB: Shift workers and young children will still benefit by day, in a dark room.



When Tru2U Sleep Support is taken an hour before bed it provides support for:

- Quality and restorative sleep
- Relaxing easily into sleep
- Returning to sleep when woken during the night
- Adjusting your body clock to return to your normal sleep pattern
- Disrupted sleep patterns when travelling
- Children who wake frequently
- Mood balance and stress management
- Shift workers
- Joint mobility and stiffness
- Tired joints and muscles
- Healthy energy levels

Did you Know?

Every Function of the Body is Impacted by Sleep

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

Mood Fluctuations

Hormones are essentially responsible for all of your emotions. If you do not have enough sleep your hormones can make you feel moody, unhappy, frustrated, upset and subject to mood swings.

Hormonal Balance

There are several factors which contribute to a quality sleep. For many women hormonal imbalance results in reduced production of melatonin. Many women tend to wake around 1am, 3am and/or 5am, and have difficulty getting back to sleep.

Weight Management

Sleep supports a healthy appetite by supporting normal levels of the hormones ghrelin and leptin, which regulate your feelings of hunger and fullness. When we are sleep deprived, we may feel the need to eat more.

Jet Lag

Jet lag is the result of disruption of the light/dark cycle that controls the body's natural circadian rhythms, causing fatigue and difficulty sleeping - your body clock struggles to reset to the new time zone.

Quality Sleep

If you are unable to fall asleep, or to stay asleep long enough to get a quality full nights sleep, it can make you feel permanently tired. One in three adults in New Zealand may have difficulty achieving a relaxing and quality sleep.



www.tru2u.co.nz
 0800 87 82 82
 +64 3 351 11 76
support@tru2u.co.nz for scientific references