

## **SLEEP SUPPORT SUPPLEMENT PROTOCOL**

### ***Goals of Nutrition for Condition:***

- Support healthy sleep
- Modulating the metabolism of melatonin and promoting relaxation

### ***Supplements/Dosage:***

- Benesom- Take 1-2x/30 minutes before sleep
- CBD Cream-apply as needed

### ***Ordering Information:***

- Visit: <https://beyford.metagenics.com/>
- Create Profile
- Search "Sleep Support" in product finder