

Fibro AMJ™ Night-Time

NIGHT-TIME REPLENISHMENT AND REJUVENATION

4Life®

Rest, Repair and Relaxation

Fibromyalgia is a condition that affects millions of Americans. It attacks the joints of the body, leaving you feeling tired, weak, sore and sometimes in incredible amounts of pain. 4Life offers a two-part system to target the total Fibromyalgia Syndrome with day-time and night-time formulas for the pain, fatigue and depression that are so common with this condition.

Fibro AMJ Night-Time Formula contains a powerful blend of ingredients to help your body relax and rest so that muscle repair and rejuvenation can occur while you sleep.

Key Points

- **Restful Sleep:** A good nights rest is essential for people who suffer from conditions like fibromyalgia. Abnormal sleep patterns, or the inability to reach REM sleep, are believed to play a major role with fibromyalgia and other musculoskeletal conditions.
- **Relaxing Ingredients:** Ingredients like melatonin, kava kava and valerian combine to relax the body, ease stress and prepare your body to get the rest it needs.
- **Repair Muscle Tissue:** As your body rests, ingredients such as Vitamin B6 and pregnenolone work to repair muscle tissue and give relief from sore muscle and joints.

Did you know?

According to the Centers for Disease Control, almost 43 million Americans suffer from some type of muscle or joint condition.

The American College of Rheumatology reports that fibromyalgia alone affects about two percent of the U.S. population and afflicts women seven times more frequently than men.

Some of the common effects found in sleep deprivation studies include muscle pain and fatigue. Over time, sleep deprivation can also impair immune function and make you more susceptible to illnesses.

Technical Points

- Melatonin is a hormone naturally produced by the body to regulate the sleep and wake cycles. The amount of melatonin your body produces can decrease with age. As a supplement, it can relax the body and prepare it for a restful night of sleep.
- Kava kava is an herb used to calm nerves and stress levels. It is ideally suited for use with melatonin because kava kava increases the effectiveness of melatonin in the body.
- 5-Hydroxytryptophan from *Griffonia simplicifolia* seeds is a precursor to serotonin, an important neurotransmitter in the body that regulates sleep patterns and also maintains proper muscle function.



DIRECTIONS: Take one (1) capsule at bedtime with 8 oz of fluid.

Serving Size: One (1) Capsule
Servings Per Container: 30

Supplement Facts

Amount Per Serving		DV%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg	750%
Melatonin	2 mg	*
Pregnenolone	10 mg	*
5-Hydroxytryptophan (<i>Griffonia simplicifolia</i>)(seed)	15 mg	*
Proprietary Blend	595 mg	*
Creatine monohydrate		
N-Acetyl Cysteine		
Cysteine		
Pau D'arco (4:1 extract)(<i>Tabebuia impetiginosa</i>)(inner bark)		
Valerian (.8% valeric acids)(<i>Valerian officinalis</i>)(root)		
Kava kava (30% extract)(<i>Piper methysticum</i>)(root)		
Grape extract (naturally contains concentrations of polyphenols, anthocyanidins, catechins, proanthocyanidols and resveratrol (<i>Vitis vinifera</i>)(seed, skin and stem)		
Alpha Lipoic Acid		

*Daily Value not established

OTHER INGREDIENTS: peppermint leaf and vegetable oil.

WARNING: If you are taking any medication or are being treated for a medical condition, please consult your health-care professional before consuming this product. Do not use before or while operating motorized equipment. Not to be taken by individuals under 18 years of age.

Ordering Information

Item # 24502 - 30 ct/bottle

Item # 24506 - 12 for the price of 11