

SleepTrim – Product Education

SleepTrim by PURE

Sleep deep and slim down. SleepTrim was created for those who wish to experience a more restful night's sleep naturally, while also supporting the body's ability to manage weight.

SleepTrim features a microencapsulated, extended-release technology that slowly and gently delivers a blend of melatonin and metabolic-boosting pepper — ground red pepper powder, black pepper extract and pure capsaicin powder (chili pepper extract) — to help the body burn calories during sleep.* If you are not getting the recommended seven-to-eight hours of sleep every night, you may be eating more, exercising less and gaining weight. Quality sleep is key to a healthy lifestyle, and SleepTrim can help you get back on track.

As we age, our body produces less melatonin making our need for it even greater. The return to restful sleep, along with exercise, diet and stress management, are important steps to manage health and sustainable weight loss. Melatonin supports the regulation of circadian rhythms, which control the body's cycle between sleep and wakefulness. Your circadian rhythm works best when you have regular sleep habits, like going to bed at night and waking up in the morning at the same times. Things like jet lag or daylight savings time can disrupt your circadian rhythm.

SleepTrim:

- Helps the body relax mentally and physically with a Relaxation Blend of botanicals, including magnesium, L-theanine, passionflower and chamomile*
- Helps the body fall asleep, stay asleep and wake up refreshed with an extended-release technology that delivers melatonin in two stages throughout the night*
- Helps the body burn calories naturally while you sleep with a non-stimulating metabolic-boosting pepper blend*
- Non-dairy, non-GMO and naturally gluten-free
- No artificial colors, yeast, sugar or sweeteners, soy, wheat or preservatives
- Vegetarian capsules
- For best results in reaching your weight loss goals, use SleepTrim with a healthy diet and regular exercise.

What is capsaicin?

Capsaicin is an extract from red chili pepper. It is part of the non-stimulating, metabolic-boosting pepper blend that helps the body burn calories naturally while you sleep.* The formula is microencapsulated to prevent irritation and to allow for maximum absorption.

Recommended Use: Take 1-2 capsules daily 30-60 minutes before bedtime. Use in conjunction with the entire HealthTrim® product line to help support your weight management goals.

Caution: Not recommended for children under the age of 18 years. If you are pregnant, nursing, taking a prescription medication, or have a medical condition, consult a physician before using this product. Not intended for persons who are sensitive to spicy foods or have a sensitive GI tract.

Key ingredients:

- **Capsaicin** – an active component of chili peppers that boosts resting metabolic rate to help burn calories while you sleep.*
- **Circadian rhythm** – a 24-hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.
- **Melatonin** – a hormone found in the body that regulates sleep and wakefulness. The production and release of melatonin in the brain is connected to the time of day, increasing when it's dark and decreasing when it's light. Studies show that the amount of melatonin produced by the body decreases with age. Supplementing the body's supply of melatonin can help people who experience occasional sleeplessness to sleep better.*
- **Metabolic-boosting pepper blend** – a blend of ground red pepper powder, black pepper extract and pure capsaicin powder (chili pepper extract)
- **Relaxation blend** – a blend of botanicals (chamomile and passionflower), magnesium and L-theanine that helps the body relax mentally and physically, so you can fall asleep.*

FREQUENTLY ASKED QUESTIONS

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.