

SWEET NIGHT



SLEEP WELL FOR
YOUR PERFECT MORNING

What is INSOMNIA ?

Difficulty falling asleep, insomnia, or staying awake are big problems for working-age people and the elderly. If you don't treat it for a long period of time it can become chronic, which will negatively affect your mood, memory, alertness, causing you to feel tired all the time.



Insomnia is divided into 3 types.

- ✔ **Difficulty falling asleep.** You are able to sleep but it takes longer hours to get to sleep.
- ✔ **Inability to stay asleep,** often waking up in the middle of the night, for example, falling asleep but instantly waking up or for some people may wake up and not being able to fall asleep again.
- ✔ **Waking up in the middle of the night** with symptoms like feeling as though you haven't slept at all, only feeling like having slight naps from time to time.



INSOMNIA is a common problem.

30% of total population

1 in 3 suffers from chronic insomnia.

Which is not being able to sleep for at least 1 month, if allowed to occur for a long period time, **may cause can be insomnia.**

“ Symptoms of patients with insomnia

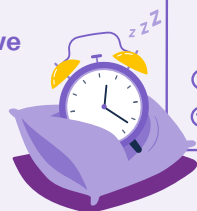
- ✔ Feeling tired
- ✔ Lack of concentration at work, memory changes
- ✔ Decreased ability to work
- ✔ Irritability, restlessness
- ✔ Sleepy during the day
- ✔ Lack of energy for living your daily life
- ✔ Blurred vision, dizziness, tiredness
- ✔ **Sleep Anxiety; worried about having sleeping problems**

“ Factors that may cause insomnia

- ✔ Stress problems
- ✔ Sleep disorders such as Restless legs syndrome
- ✔ Physical illnesses such as pain, tiredness, acid reflux, the body inability to move normally this cause is common in the elderly. In addition, pregnancy, menopause can also cause insomnia.
- ✔ Mental conditions such as depression, anxiety
- ✔ Anxiety about insomnia (psychophysiological insomnia) the patient is anxious. With the problem of insomnia that occurs which this anxiety caused the awakening of physically and mentally resulting in insomnia.
- ✔ Use of certain drugs or substances such as cold medication, pseudoephedrine group drugs, weight loss drugs, asthma drugs, antidepressants, methylphenidate group drugs. And alcohol plays an important role that causes insomnia.
- ✔ Environmental factors such as disturbing noise or light, improper room temperature, etc.
- ✔ Problems working in shifts (shift work)

“ How many hours a day should we sleep ??

Each person typically has a different amount of sleep that they need based on their age difference. It states that the recommended amount of sleep for each age is as follows:



The elderly will have a shorter hours of sleep, as their body produce less sleep-inducing substances

Problems that will cause if you can't sleep.



High Blood Pressure

heart problems congestive heart failure, congestive heart failure



Sexual Dysfunction

The hormone "testosterone" is lowered, which causes Sexual desire also decreased.



Weaken immune system

There are more chances of getting sick and recovering, or recovering from illness for a longer time



Diabetes

the levels of blood glucose and insulin rise, in some studies, it was found that people who already have diabetes physical condition Insulin resistance from lack of sleep as well.



Physical Abnormalities

The digestive system is malfunctioning. Abdominal distention poor digestion and defecation is not normal



Colon Cancer

deterioration of the internal system, especially the intestines Until it becomes inflamed intestines and spreads to finally become colon cancer.

NUTRINAL SWEET NIGHT

SLEEP WELL FOR YOUR PERFECT MORNING



BANANA EXTRACT (*Musa sapientum L.*)

Bananas are abundant in various active ingredients. Especially Phenolic compounds named **Hydroxyanigorufone** which have relatively high quantities. It helps in the **Metabolism process to convert Tryptophan into Serotonin**. Serotonin is a **substrate of Melatonin** which helps to feel sleepy, sleep longer and more deeply.

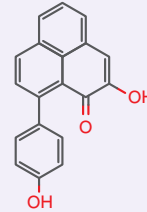
*** Serotonin is neurotransmitters that regulate mood. If not having enough serotonin, it contributes to mood problems.
 *** Melatonin is hormone made in the body to help control sleep quality. Melatonin makes us fall sleep.

5 rewards guaranteed

- 2012 IIIC International Innovation and Invention Conference : Silver Medal
 Japan World Genius Convention and Education Expo : Silver Medal
 Italy Inventeco International Invention Show : Silver Medal
- 2013 Geneva International Exhibition of Inventions : Gold Medal
 Geneva International Invention Award : Special Award



In 1 sachet is abundant in Hydroxyanigorufone which helps to create a high quantity of Melatonin **it equals to eating 56 bananas.**



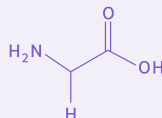
GREEN TEA EXTRACT (*Camellia sinensis (L.) Kuntze*)

Green tea extract is abundant in L-Theanine which is an amino acid that is very common in green tea leaves. **It is one of the nutrients from nature to help in relaxing efficiently.** It plays an important role to relieve anxiety, stress, promote learning, increase meditate and memory. Moreover, it reduces insomnia and increases the process to create Alpha waves in the brain.

*** Q-wave = is the light wave on the surface of the brain known as 'brain waves' that promote calmness and relaxation and it is an indicator relate to relaxation and individual's mental health.

CHAMOMILE FLOWER EXTRACT (*Matricaria chamomilla L.*)

It affects the nervous system to make it restful and sleep well, relieving anxiety. Chamomile flowers extract effects to relieve anxiety, to feel restful make it easier to fall asleep. We found that Apigenin is an important substance which is active by catching up with Benzodiazepine receptors in the brain. Furthermore, Chamomile flower extract also has a few GABA substances which are Neurotransmitters to maintain balance in the brain and help foster relaxation.



GLYCINE AMINO ACID

Glycine Amino Acid (Protein) and Neurotransmitters which influence sleep in various ways **along with help to sleep faster and put the body into a state of deep sleep faster.** It increases sleep efficiency, improves sleep quality, and reduces sleeplessness.

DAYLILY FLOWER EXTRACT (*Hemerocallis fulva (L.) L.*)

Daylily flower is a symbol of beauty which has been called **"One Day Beauty"** since it blooms only one day and every petal will bloom to express the beauty of the flower.

The remarkable feature of Daylily flower extract is anti-glycation that prevent damage that leads to premature skin aging, it brightens skin and is healthy. In addition, Daylily flower extract stimulates release Serotonin.

*** Glycation is an interaction of protein, lipid, and sugar molecules that produce a substance called the AGEs. It may cause premature aging skin and getting darker skin, having freckles, wrinkles, and dullness on the skin.

2 rewards guaranteed

- 2020 The 16th Seoul International Invention Award : Silver Medal
 The 34th Tokyo Innovation Genius International Invention Exhibition : Silver Medal



NUTRINAL SWEET NIGHT

1 sachet has 15 ml.
 (In 1 box have total 15 sachets)
 Take 1 sachet per day
 (take 15-30 minutes before sleep)
For health and good sleep quality
 (should take once daily for 14 consecutive days)



Innovation to increase intensity and absorption

Double Nutri is an innovation that reduces the size of water or oil particles to the nanoscale, allowing for increased concentration and enhanced absorption into the body.

double NUTRI²

the absorption capacity increased by **2.33X**

concentrate increased by **30%**

Functional particle size 1-3 μm



Red Blood Cell 9 μm

Comparing the red blood cells to the substance, when the substance is created in the form of Double 2 Nutri, it shows that it is significantly smaller than red blood cells. Enabling it to reach the red blood cells directly without a carrier.