

Sleep n Slim – Get Restful Sleep while Burning Fat – Wake-up Thin

Accelerates metabolism | Promotes weight loss | Restores lean muscle | Appetite suppressant | Sustains energy



Doctor *Good*
GOOD FOR YOU

SLEEP & SLIM

Super nutrient complex
promotes weight
loss and fat loss



Directions:

Take 2 capsules before going to bed.

FOR BEST RESULTS: Follow a balanced diet with low glycemic effect.

Visit www.nutr8deli.co.za for meal plan.

Warnings: Do not consume if allergic to any ingredient. Store in an airtight container in a cool, dry area.

Serving size: 2 capsules
Servings per container: 30



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N8 FORMULA INGREDIENTS:

Piperine, Calebin A, Curcumin, Cyperus rotundus & passiflora edulis extr., Ellagic acid, GABA, Zingiber officinale, Mucuna Pruriens Extr., Nigella sativa, Ursolic Acid, Sceletium T, Tryptophan, Turmeric, Vitamin B3 (nicotinamide) (100% NRV), Vitamin B12 [Cobalamin], (100% NRV), Vitamin D30 (100% NRV), Zinc (100% NRV)

* NRV = Nutrient Reference Value



How it works.

The Sleep and Slim capsule by Nutr8 Wellness is primarily used to help reset the body. The key purpose of the formula is to help you get a restorative night's sleep and to use the fat stores in the body as the key source of energy the body requires to keep functioning while asleep. Essentially the Sleep n Slim formulation assumes that the body's insulin levels are low (especially as we sleep), and as such we use the hormone, glucagon, to transform the fat stores in the body into triglycerides, which are transported to the liver and transformed into

ketones. Once the ketones enter the blood stream, they are able to permeate the cells and act as the food required by the cells to produce ATP which your body requires to function. The key is that the ketones do not require insulin to permeate the cell walls to feed the mitochondria. (As opposed to glycogen from carbohydrates, which the cells also use for energy, but which require insulin to allow the glucose into permeate the cells for requisite energy).

The ingredients

Piperine (Black pepper): Assists with the uptake of nutrients. Has been shown scientifically to increase the absorption of curcumin by up to 2000% (anti-inflammatory), beta carotene (antioxidant) and selenium (key mineral with anti-cancer properties).

Curcumin: is a strong anti-inflammatory to neutralise free radicals.

Cyperus rotundus: consists of several enzymes and active compounds which help in stimulating various biochemical reactions that helps in promoting a better digestive system. It has also been shown to prevent weight gain, low BMI and reduce cholesterol levels. Cyperus rotundus' ability to metabolize fat and expel it from the body may be responsible for its anti-obesity activity. It is also able to chelate or remove heavy metals and toxins found in existing fat cells, thus detoxifying the body. Polyphenols and ascorbic acid in it help cut oxidative stress associated with obesity as well, helping fend off other metabolic disorders like heart disease and diabetes. ([16 Health Benefits Of Nut Grass Or Musta \(Cyperus rotundus\) \(curejoy.com\)](http://curejoy.com)).

Passiflora edulis: Passion fruit contains a lot of antioxidants. In particular, it's rich in vitamin C, beta carotene, and polyphenols. Passion fruit seeds are rich in piceatannol, a polyphenol that may improve insulin sensitivity in men with excess weight, potentially reducing type 2 diabetes risk.

Ellagic Acid: benefits include **protecting cells from damage and oxidative stress** by acting as an antioxidant. It can also decrease levels of inflammation, can boost the immune system, lower cholesterol, prevent heart disease, reduce the risk of infections, promote fat burning and weight loss, and improve mental functioning. It is also known to allow the mitochondria to better absorb nutrients and reduce waste

Gaba: The most important function of GABA is in our brain. Low GABA activity leads to anxiety, depression, insomnia, and mood disorders. Thus, GABA is a natural brain relaxant that makes us feel good. But GABA can also help with other health issues such as the negative effects of obesity on our overall wellness. Obesity is a serious health condition that is responsible for an increased risk of hypertension, type 2 diabetes, heart disease, stroke, and osteoarthritis. A study has shown that GABA supplements caused a reduction in body fat and triglyceride levels while increasing lean muscle mass

Zingiber officinale: The chemical compounds in ginger are believed to ease stomach pain and improve indigestion symptoms by helping the stomach empty faster.

Mucuna pruriens: Powerful antioxidant. It's noted that the blood sugar-stabilizing properties of *Mucuna pruriens* extract are most likely due to *d-chiro*-inositol and its galacto-derivatives found in this plant.

Nigella Sativa: is touted as offering so many health benefits that some consider it a panacea, or universal healer some herbalists refer to it as "the herb from heaven" - It can benefit the immune system, enhance brain function, and protect the body from various chronic diseases, including type 2 diabetes and heart disease. Strong antioxidant and anti-inflammatory. Helps protect the liver and kidneys.

Ursolic Acid: may help reduce body weight, BMI, and waist circumference. It may also stimulate the growth of osteoblasts, a special type of cell that plays a role in bone formation.

Sceletium (Kanna): assists with relaxation and can precipitate deep and restorative sleep. Increases dopamine and serotonin and reduces cortisol. Kanna's active compounds bind to the receptor for cholecystokinin-1. This receptor, when activated, reduces the sensation of hunger; kanna may, therefore, help stop people from overeating.

Tryptophan: its health benefits come from the potential increase of niacin and thus serotonin. The benefits from more serotonin includes healthier and better quality sleep and relief from depression and anxiety. It may also assist with a heightened pain tolerance

Turmeric: Turmeric contains bioactive compounds with medicinal properties notably curcumin best taken with black pepper to enhance its absorption.

Vitamin B 3 (nicotinamide): Nicotinamide riboside, or niagen, is an alternative form of vitamin B3. It is promoted as an anti-aging supplement because it boosts your body's levels of NAD+, which acts as fuel for many key biological processes.

Vitamin B12 (Cobalamin): is an **essential vitamin that your body needs but cannot produce**. Vitamin B-12 (cobalamin) plays an essential role in **red blood cell formation**, cell metabolism, nerve function and the production of DNA, the molecules inside cells that carry genetic information.

Vitamin D3: has many functions in the body which includes Bone growth, regulation of muscle contractions and conversion of blood glucose (sugar) into energy.

Zinc: It plays a key role in skin health, immune function, and cell growth, and may protect against acne, inflammation, and other conditions.

Key Outcome: Triglyceride metabolism

The chemical structure of triglycerides is composed of a glycerol molecule that is bound to three fatty acid chains. These three fatty acid chains can vary for each molecule, thus creating many different types of triglycerides.

Through a process known as lipolysis, triglycerides are broken down to release the fatty acids from the monoacylglycerol in the intestine while simultaneously secreting lipases and bile. (The hormone glucagon is released when triglyceride stores need to be activated, which signals lipases to initiate the reaction and free the fatty acids. This allows the triglycerides to circulate in the bloodstream once again to provide energy to cells that require it). The triglycerides can then be reconstructed in the enterocytes to incorporate cholesterol and proteins to form chylomicrons. Chylomicrons then move into the lymphatic and vascular systems to be transported around the body as an energy supply.

It is the glycerol component of the triglyceride that is the most useful to the body in providing a source of energy, as it is easily converted into glucose, which can be used to supply the brain with energy. The fatty acids can also provide energy but must be converted to a ketone chemical structure in order to be utilized for this purpose.

(see: [Triglycerides - What do they do? \(news-medical.net\)](#))

The Sleep n Slim Formula is also well complimented by:

1. **Slim n Trim:** A Formula to help suppress appetite and create the feeling of fullness leading to smaller meals and less inclination to snack. Also promotes an increase in metabolism to help with fat loss.

Directions:

- Take the Slim n Trim capsule 30 minutes to an hour before the 2 main meals of the day.
- Use together with Sleep n Slim which helps metabolise fat cells.
- We also have seen weight loss occur with BioZest which provides vitamins, minerals, and fibres.

Doctor G
GOOD FOR YOU

SLIM & TRIM

Super nutrient complex promotes weight loss and fat loss

Directions:
Take 1 capsule before breakfast & 1 capsule before dinner

FOR BEST RESULTS: Follow a balanced diet with low glycemic effect. Visit www.nutr8well.co.za for meal plan.

Warnings: Do not consume if allergic to any ingredient. Store in an airtight container in a cool, dry area.

Serving size: 1 capsule | **Servings per container:** 60

INGREDIENTS per serving
 Apple Cider Vinegar - 70 mg
 Bacillus coagulans 5856 - 75 ml
 Piperine - 5 mg, Catechin A - 25 mg
 Cleavers - 30 mg, Cyperus rotundus & Passiflora edulis extr. - 120 mg
 Ethagic acid - 25mg, Zingiber officinale - 60 mg
 Nigella sativa - 147 mg, Ursolic Acid - 25 mg
 Zinc - 5 mg (50% NRV)

* NRV - Nutrient Reference Value

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Promote weight & fat loss & sustained energy | Restore lean muscle | Appetite suppressant

2. **Fibre Drink**– The low GI, Sugar-free, Diabetic friendly drink – because you need vitamins and fibre.

In 3 Great Flavours:

- Fruits
- Berries
- Guava

