

The Sleep Starter Kit - \$175

Eat right & sleep tight



What is it?

The Sleep Starter Kit consists of five products, all designed to help nourish your body and mind and promote healthy sleep. Whether you struggle falling asleep, or staying asleep, this kit is for you!

It contains two of our category leading drinks (Solle Vital and SolleRenūe), our healthy-fat nutritional blend (EnFatuuate), a calming encapsulated formula to soothe the Gi tract and improve digestion (Verdezymes), and an essential oil roll-on designed to promote a restful sleep and reduce nightmares or night fears (Contentment).

What does it do?

This kit will help you relax your mind and body to help you get that much needed sleep to help you rejuvenate and reset. These products work holistically to nourish your body, calm your digestive system, and relax your mind so you can fall asleep and then stay asleep.

How do I use it?

The daily usage of each of these products is described in the daily protocol, but here are some general tips to remember:

- Any of these drinks can be used as a great mix-in for a protein shake or smoothie.
- We generally recommend that you don't take Solle Vital after dinner, since it does contain energizing herbs.
- Verdezymes works especially well after a meal since it aides digestion.
- Keep Contentment next to your bed to use if you wake up from a nightmare.

Daily Protocol:



Morning - Noon

EnFatuuate: Mix 2 scoops with 4-6 ounces of water, or use as a mix-in to boost your favorite smoothie.

Solle Vital: Mix one packet in 16-20 ounces of cold water.



Afternoon - Evening

Verdezymes: Take 2-3 capsules before bed.

Solle ReNue: Mix one packet in 8-12 ounces in hot water for a calming tea before bed or drink with 12-16 ounces of cold water after dinner.

Contentment: Apply before bed to wrists, neck, temples and/or abdomen region to enhance a good nights sleep.