

NIGHT TIME

Make every day feel like a new day. The MYND360[™] system brings you 6S-certified-safe, scientifically sound solutions designed to help you sleep better, stay focused, skip the stress, and strengthen your memory. This clinically backed product line is formulated with powerful ingredients that can deliver full-circle cognitive support. Get ready to prioritize and personalize your mental wellness regimen. Your mind is what matters most with MYND360.



MEET NIGHT TIME

Sleep is one of the most important parts of your day, both for your physical and mental wellbeing. But getting good, restful sleep can be easier said than done, and poor sleep can quickly take its toll. Night Time is our solution. Our clinically supported and carefully formulated sleep supplement expertly crafted with Magnesium, Melatonin, and natural Saffron Stigma Extract helps you fall asleep faster, stay asleep longer, and have better quality sleep throughout.* Just as important, it also has the unique ability to help you wake up feeling refreshed and ready to go.* Make pillow time your ultimate self-care time with MYND360 Night Time—your new shut-eye ally.

WHY YOU'LL LOVE IT

- Supports improved sleep quality.*
- A clinically proven formula with scientifically supported ingredients.
- Safe, gentle, non-habit-forming sleep support.*
- Helps you wake up feeling refreshed and less groggy.*
- Helps you feel more positive as you wake up in the morning.*
- Supports a healthy circadian rhythm.*
- Helps you fall asleep faster and stay asleep longer.*
- Starts helping support better sleep after just one dose.*
- Helps improve skin radiance.*
- Suitable for vegetarians.
- Made with zero artificial colors, flavors, and sweeteners and no preservatives.

WHAT POWERS IT

- **Magnesium**—an essential mineral studied for its powerful calming and sleep benefits. When mixed with hot water, this unique ingredient fizzes and transforms into magnesium citrate, a bioavailable and absorbable form of magnesium.

- **Saffron**—helps influence natural melatonin levels for improved sleep and mood benefits. We use a proprietary extraction process to harness a unique concentration of the active key components of this effective ingredient.
- **Melatonin**—helps support a healthy circadian rhythm and synchronize your sleep-wake cycle with night and day. We've included a nature-identical form of this hormone for your benefit.

CLINICALS THAT PROVE IT

In a double-blind, placebo-controlled clinical study, 40 subjects with self-reported sleep disturbances took a placebo or Night Time blend (formulated without melatonin) for four weeks. They were asked questions about the quality of their sleep as part of a daily sleep diary.

After one week, subjects taking the Night Time blend reported that, on average, they fell asleep 33% faster after settling down and felt 26% less drowsy when waking up.

After four weeks, these same subjects reported they felt on average 54% more refreshed as they woke up. In addition:

- 89% felt less drowsy when waking up.
- 96% noted that their quality of sleep had improved.

According to dermatologist grading, subjects who took the Night Time blend also had the added benefit of an average 26% improvement in skin radiance after 4 weeks compared to 8% improvement in the placebo group. These improvements were likely related to better sleep.

HOW TO USE IT

Add one level scoop to 2-3 oz of hot water, wait until fizzing stops, then drink. Enjoy once per day, 30 minutes before bedtime.

*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.

MYND³⁶⁰™ NIGHT TIME

TRY THESE WITH IT

- MYND360 Feel Calm
- MYND360 Relaxing Body Cream
- MYND360 Mind Full
- MYND360 Sharp Focus
- MYND360 Energizing Hand and Body Wash
- Marine Omega

LEARN MORE ABOUT IT

What makes the Saffron in Night Time unique?

The Saffron we use in Night Time is real Saffron Stigma Extract, specially sourced using our rigorous 6S Quality Process from hand-harvested Saffron stigmas. As part of this process, the active ingredients in these stigmas are verified using standardized methods to ensure our products deliver the real results we say they will. Each batch is then carefully checked and tested to ensure all ingredients are safe, clean, and effective. We only use authentic, unadulterated, and wholly premium Saffron for our incredible product.

Why is Magnesium so important for good sleep?

Magnesium is an essential nutrient that helps support hundreds of enzymes in your body involved in neurotransmitter synthesis. This in turn is believed to play a role in many areas of sleep including sleep-wake cycles and feelings of calm and relaxation. This important nutrient can be found in many types of food, but a lot of people still don't get enough of this nutrient from their diets alone.

Why does Night Time fizz when I add hot water?

Night Time contains Magnesium carbonate and citric acid. When mixed with hot water, these two ingredients transform the Magnesium carbonate into Magnesium citrate, a gentle and bioavailable form of magnesium. As part of this transformation, carbon dioxide is released, creating a warm, fizzing experience and pleasant aroma—a perfectly delightful way to unwind and finish up your evening routine.

How hot does the water need to be for Night Time to transform?

As long as your water is warm to the touch (around 100° F/ 38° C) or warmer, Night Time will transform without stirring. The warmer the water, the faster the transformation will occur. Just be sure to let the water cool off until it's safe and comfortable to drink. You can also mix Night Time with water that is cooler than 100° F, but you may need to stir and let it sit longer to make sure the powder fully transforms.

What gives Night Time its color?

Night Time's vibrant color is thanks entirely to its bioactive ingredient blend. High-quality Saffron Stigma Extract gives the blend its yellow pigments with very light traces of other colors. White Magnesium, meanwhile, makes the mostly yellow color of the Saffron Stigma Extract look that much brighter. There are no other added colors.

Can I use Night Time together with Relaxing Body Cream?

For sure! Night Time is clinically proven by itself. But using Relaxing Body Cream adds aromatherapy benefits that help you feel positive and relaxed, for a combined inside-outside approach.

Can I combine Night Time with other MYND360 products?

Yes! You can mix and match any MYND360 products to meet your specific needs.

Who should take Night Time?

Night Time is formulated for healthy adults who want additional support for their sleep.

What makes Night Time gentle?

The Magnesium citrate in Night Time is a well-tolerated form of Magnesium, so it's made to be gentle on your stomach.

Can Night Time help with jet lag or other sleep disruptions?

Absolutely. Night Time is great for helping you shift your sleep-wake routine when life happens.* Whether you're dealing with jet lag, night shifts, or low melatonin that can come with aging, Night Time can help you sleep dreamy and wake up ready to conquer your day.*

Does Night Time treat any medical conditions?

No. Night Time is a nutritional supplement designed to support sleep quality, and a healthy circadian rhythm. It does not, however, treat or prevent any medical conditions, illnesses, or sleep disorders, including insomnia, sleep apnea, depression, or anxiety. Seek a trained medical professional for help with any of these kinds of conditions.

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THE SCIENCE BEHIND IT

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WHAT'S IN IT

Supplement Facts

Serving Size: 1 Level Scoop
Servings Per Container: 30

	Amount Per Serving	% DV
Magnesium (as Magnesium Carbonate)	225 mg	54%
Saffron (<i>Crocus sativus</i>) Stigma Extract	14 mg	*
Melatonin	1 mg	*

*Daily Value Not Established

Other Ingredients

Citric Acid, Natural Flavors (Passion Fruit, Peach), Stevia Rebaudioside.