

# RPM - Regenebolic PM Nitetime

## 10 Performance

### What it is:

- A powerful, anti-catabolic sleep support formula designed to promote deep and restorative sleep.

### Why take it:

- 43% of Americans are getting less than 7 hours of sleep per night.
- Sleep impacts appetite control, hormone levels, fat storage, muscle repair and stress. During sleep, the body is hard at work releasing anabolic hormones to regenerate and repair muscle tissue. Quality sleep also aids in keeping levels of fat promoting hormones low. Lack of adequate sleep can lead to weight gain, increased hunger, sugar cravings, decreased muscle mass, reduced strength and a weakened immune system.
- **RPM** helps settle your mind and body to encourage deep sleep, so you wake up refreshed and ready to go.

### How it works:

- **RPM** is a non-habit forming, all-natural formula that helps you achieve a better night's sleep, optimizing muscle recovery and anabolic hormone production during the night.
- **RPM** Supports:
  - *Muscle Repair*: A good night's sleep is key for maintaining good health and rebuilding body tissue.
  - *REM Sleep Naturally*: Rapid Eye Movement sleep is important because it stimulates the areas of your brain that are essential in learning.
  - *Waking Up Refreshed & Energized*: **RPM** helps you put your groggy, uninspired mornings behind you!
  - *Elevated Mood*: Having a better night's sleep will help elevate your mood.
  - *Energy Release*: A proper diet, exercise and a good night's sleep will help your energy throughout the day.
  - *Strengthen Immune System*: Your body produces proteins when you sleep that help fight infection and ensure a better quality of life.
  - *Enhance Motor Skills*: Vitamin B-6 helps with development neurotransmitters which help improve memory.
  - *Combats Cortisol*: Lowering this stress hormone helps to reduce belly fat, increase libido, reduce muscle loss and inflammation.
  - *Powerful Antioxidant*: Helps the body from damage caused by harmful molecules called free radicals.
  - *Non-Habit Forming*: **RPM's** ingredients don't have any of the typical side effects that come with using prescription drugs and over-the-counter medications.

### Who should take it:

- Adults desiring a better night's sleep and the many benefits that come from a deep and restorative night's sleep.

### Dosage:

- 30 drops/1 ML = 1 fully squeezed dropper (which only fills two-thirds of the dropper)
- Take 30 minutes before bed
- This product resets your sleep cycle, so typical use is 3-5 times per week. Take 3 weeks on, then 1 week off.

### Ingredients:

- **Aloe Vera**: Contains glucomannans that can enhance the transportation of nutrients into cells, making those nutrients more bioavailable and efficient.
- **Velvet Antler Extract**: One of nature's most abundant sources of insulin-like growth factor. IGF-1 is the metabolite of growth hormone and these hormones are master anabolic hormones responsible for growth and metabolism.

- Melatonin: A hormone created from serotonin by way of tryptophan that regulates sleep cycles. It has a powerful antioxidant effect and increases the metabolic rate during sleep for weight loss. Melatonin also plays a crucial role in immune response.
- Colostrum: Contains nutrients like proteins, carbohydrates, fat, vitamins and minerals as well as bioactive components like growth factors and antimicrobial factors. Growth hormones will diminish without proper sleep.
- Mucuna Pruriens: A bean-like substance that is a rich source of L-dopa, a precursor to dopamine, which regulates sleep, mood, motivation, stress, motor skills and a variety of other bodily functions.
- B-6: A vital co-enzyme for many bodily functions and reactions. It increases the production of serotonin, which induces sleep, heightens mood and improves mental cognition.
- Other: Purified water, organic grape alcohol

#### FAQ's:

- Can I take this if I am lactose intolerant?
  - Colostrum has different properties than dairy, so most people, even if they have an intolerance to milk, can still take this product.
  - To test this product, take 5 drops and wait 30 minutes to see if you have any adverse reactions like an upset stomach or phlegm build-up in your mouth.

R P M