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# PRODUCT DATA SHEET



Life Force International's **DreamAway** is a proprietary liquid formula that scientifically combines Chromium Picolinate, L-Phenylalanine, Melatonin, and several other support nutrients.

Two of the most important health concerns today are that of being overweight, and that of occasional sleeplessness. Both have profound effects on one's health.

The first 90 minutes of sleep is a very active time for the body, as your body is busy repairing tissues and cells, which is more effective following a short fasting period. Fasting removes food from the digestive tract so the body uses its own protein and fat reserve as a source of energy. However, the desired effect is to access calories from fat, but not from the amino acid reserves, which are your muscles. This requires amino acids, which if not ingested, will be taken from muscles. DreamAway provides specific amino acids for this purpose. As a result, protein reserves increase and the body burns fat for energy. It also supplies 100 mcg of chromium (83% DV), an essential mineral valued by many as an aid for maintaining healthy weight.<sup>1,2</sup>



DreamAway also has the key ingredient, melatonin.

Melatonin is produced naturally by the body and is a key factor for restful sleep.<sup>3</sup> Supplementing the body's natural production can be helpful for many people. This is particularly true of those over 40, as their ability to produce melatonin diminishes with age.<sup>4</sup> Some research suggests optimal amounts in the range of 100-300 mcg. Other research suggests from 300-2,000 mcg (2mg).<sup>5</sup> The overall consensus is, that the younger one is, the more melatonin their body produces and subsequently less that would be needed as a supplement to re-establish healthiest levels. Conversely, the older one is the less melatonin the body generally produces, and therefore more may be needed as a supplement in order to maintain the healthiest levels. One's own experience is the best test. DreamAway supplies 500mcg per serving, a reasonable and effective amount, which allows for easy adjusting, depending on one's personal response. Additionally, when one is well rested, one has more energy throughout the day, which can lead to burning more calories.

### Ingredients:

Aloe Vera (inner-filet of leaf), Glycerin, Glucosamine Hydrochloride, Whey (a milk derivative), Egg White, L-Phenylalanine. Stevia (leaf), Melatonin, and Chromium Picolinate.

| PRODUCT SPECIFICATIONS |                   |
|------------------------|-------------------|
| PRODUCT NUMBER         | LF800             |
| DESCRIPTION            | 30-day supply     |
| QUANTITY               | 15 fl. oz./500 ml |

### Other Ingredients:

Purified Water, Citric Acid, Natural Black Cherry Flavor, Collagen, Potassium Benzoate & Potassium Sorbate (less than 0.1% to preserve freshness).



**DREAMAWAY**

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### Additional Educational Information for the Ingredients:

- Chromium Picolinate
- L-Phenylalanine
- Collagen
- Melatonin
- Glucosamine Hydrochloride

### Potential Benefits From Ingredients That:

- Are in liquid form, which provides high absorption and are easy to take.
- Support lean tissue. The amino acid L-phenylalanine, whey, albumen and collagen all contribute to the body's amino acid needs.<sup>6,7</sup>
- Promote restful sleep. Melatonin has been studied extensively regarding this benefit.<sup>3</sup>
- Is an excellent source of Chromium (83% DV), an essential mineral valued by many as an aid for maintaining healthy weight.<sup>8</sup>
- Help to eliminate "evening snacking." This alone can lead to several health benefits.

### Supplement Facts:

Amount per Serving: 1 Tablespoon - 15 ml

Calories: 15

Calories from Fat: 0

Total Carbohydrate: 3

Protein: 2

Chromium: 100 mcg (83 % DV)

### Suggested Use:

Shake before using.

Stand Alone Use: Nightly, take 1 tablespoon with 8 oz of water at bedtime. Do not eat or drink anything, except water, for at least 3 hours prior to use. To maximize the effects drink at least 8 glasses of water daily. DreamAway is not a meal replacement. Eat three regular meals.

### As Part of the TrimWise Health Solution:

DreamAway is an integral part of the TrimWise Health Solution, which also includes AminoCharge (with AminoRegulator) and TrueGreens. Please follow the TimeWise instructions for DreamAway use when taken as part of this program.

### Servings:

DreamAway comes in a 15-oz bottle, which yields 30 servings @ 1 tablespoon (1/2 oz) per serving. When using 1 serving per day, DreamAway is a 30-day supply.

### Caution:

Keep out of reach of children.

DreamAway contains L-Phenylalanine, therefore, individuals with PKU (Phenylketonuria) should consult their health care professional prior to using this product.

Pregnant or lactating women are also advised to consult their health care professional prior to using any new product.



## Shelf Life and Storage:

Once opened, DreamAway has a shelf life of 3 months. Unopened, it has a shelf life of 1 year. Refrigerate after opening.

\* 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.

## References:

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

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3) Melatonin: Low dose melatonin improves sleep in healthy middle-aged subjects. Attenburrow, M.E., Cowen, P.J., Sharpley, A.L. *Psychopharmacology (Berl)* 1996 Jul;126(2):179-81 University Department of Psychiatry, Littlemore Hospital, Oxford, UK.

4) Melatonin rhythmicity: effect of age and Alzheimer's disease. Skene, D.J., Swaab, D.F. *Exp Gerontol*. 2003 Jan;38(1-2):199-206. PMID: 12543278

5) Sleep-promoting effects of melatonin: at what dose, in whom, under what conditions, and by what mechanisms? Sack, R.L., Hughes, R.J., Edgar, D.M., Lewy, A.J. *Sleep*. 1997 Oct;20(10):908-15. PMID: 9415954

6) Phenylalanine. *Natural Health*, Author/s: Susan Ryan-Vollmar Issue: Jan, 1999

7) Increased dietary protein modifies glucose and insulin homeostasis in adult women during weight loss. Layman, D.K., Shiue, H., Sather, C., Erickson, D.J., Baum, J. *J Nutr*. 2003 Feb;133(2):405-10. PMID: 12566475

8) AMBI's Patented Chromax-r- Chromium Picolinate Identified as the "Insulin Assistance Factor-tm-". Issue: May 7, 1999 PURCHASE, N.Y.--(HealthWire)--May 7, 1999.

*For Use in the US Market Only*