Travel Bundle
Essential Travel Companions

Sleep Relief for:
- Jet Lag
- Hotels & Cruises
- Trains, Planes & Automobiles
- Camping

Digestive Relief for:
- Acute diarrhea
- Foreign Food & Drinks
- Overindulgence
- Food Intolerance
Fast Acting Sleep and Digestive Support

Travel with the essentials for an enjoyable vacation, getting a good night sleep, and keeping the digestive tract healthy. The Travel Bundle is indispensable to deal with symptoms of jet lag, GI upset, acute diarrhea due to food intolerances.

- Fast Acting
- Tablet dissolves under tongue

Melatonin B6 tablets

Melatonin is the natural hormone to promote sleep and reset circadian rhythms and the sleep-wake cycle. Added vitamin B6 enhances melatonin absorption. Melatonin is a non-addictive sleep aid, with no morning ‘hangover’ effects.

- Resets jet lag symptoms
- Promotes a good night sleep
- Helps to fall asleep anywhere

Jet lag - take 1 tablet dissolved under tongue one hour before desired bedtime after darkness in new destination. Continue until adapted to new daily sleep/wake pattern. This technique is especially effective for eastbound travel over 2+ time zones.

Restful night sleep/Difficulty falling asleep – take 1 tablet dissolved under tongue 30 minutes before bedtime.

Pleo Oku 2X tablets

Okoubaka aubrevillei is derived from the bark of the Okoubaka tree of Western Africa. It has a long use in traditional medicine and studies show that it stimulates the body’s immune defenses against food poisoning1.

- Acute travellers’ diarrhea
- Effects from dietary changes
- Food intolerances
- Overindulgence in food/drink

Acute - take 1 tablet dissolved under the tongue every 30 to 60 minutes until symptoms resolve (up to 12 tablets daily).

Prevention - take 2 tablets dissolved under the tongue daily during entire travel period.

Reference

Medicinal Ingredients:
Okoubaka aubrevillei 2x.

Recommended Dose (adults):
Acute: 1 tablet every half to full hour up to a max of 12 times daily.
Chronic: 2 tablets daily.

80 tablets • DIN-HM 80060646

Fast Acting Sleep and Digestive Support
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- Fast Acting Tablet dissolves under tongue
- Melatonin B6 tablets
  - Melatonin is the natural hormone to promote sleep and reset circadian rhythms and the sleep-wake cycle. Added vitamin B6 enhances melatonin absorption. Melatonin is a non-addictive sleep aid, with no morning ‘hangover’ effects.
  - Resets jet lag symptoms
  - Promotes a good night sleep
  - Helps to fall asleep anywhere
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- Effects from dietary changes
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Medicinal Ingredients per capsules:
Melatonin ................................................. 10 mg
Vitamin B6 ................................................ 10 mg

Dosage (adults):
For sleep restrictions/altered sleep schedule, delayed sleep phase disorder or sleep-wake cycle:
Take 1 lozenge once a day, at or before bedtime.

For jet lag: Take 1 lozenge once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern.

Do not drive or use machinery for 5 hours after taking melatonin.

60 Lozenges • NPN 80066072

Reference
Biomed also recommends these travel products...