



## Insomnia – Wisdom Builders Team

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[wisdombuilders.com/proven-product-program/insomnia](https://wisdombuilders.com/proven-product-program/insomnia)

### Insomnia

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You need to find out what's going on in your life that needs working out (relationships, job, environment, attitudes, etc.). There are many reasons why people have a difficult time staying asleep. The good news is that common problems with sleep are often easily addressed without the use of medication or pharmaceutical sleep aids. Begin by adding the following supplements:

GOOD

#### Good

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Product Name	Quantity	Notes
Provitality Plus	1	(serving/packet)
Neolife Shake	1	(serving/two scoops)
Omega-III Salmon Oil Plus	3	
Chelated Cal-Mag with Vitamin D (1000 I.U.)	3	

BETTER

#### Better

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No better products have been loaded at this time. BEST

#### Best

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Product Name	Quantity	Notes
Provitality Plus	1	(serving/packet)