

NIGHT TIME

Make every day feel like a new day. MYNuDay360™ 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 prioritise and personalise your mental wellness regimen. Your mind is what matters most with MYNuDay360.



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 and natural Saffron Stigma Extract helps you fall asleep faster, restore sleep-wake cycle, 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 MYNuDay360 Night Time—your new shut-eye ally.

WHY YOU'LL LOVE IT

- Supports improved sleep quality.
- A 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 restore sleep-wake cycle.
- Starts helping support better sleep after just one dose.
- Suitable for vegetarians.
- Made with zero artificial colours, flavours, 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.

HOW TO USE IT

Add one level scoop to 60-90ml hot water, wait to stop fizzing, then drink. Enjoy once per day, 30 minutes before bedtime.

TRY THESE WITH IT

- MYNuDay360 Feel Calm
- MYNuDay360 Relaxing Body Cream
- MYNuDay360 Mind Full
- MYNuDay360 Sharp Focus
- MYNuDay360 Energizing Hand and Body Wash

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 standardised 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

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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 38° C/ 100° F) 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 38° C, but you may need to stir and let it sit longer to make sure the powder fully transforms.

What gives Night Time its colour?

Night Time's vibrant colour 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 colours. White Magnesium, meanwhile, makes the mostly yellow colour of the Saffron Stigma Extract look that much brighter. There are no other added colours.

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 aromatic benefits that help you feel positive and relaxed, for a combined inside-outside approach.

Can I combine Night Time with other MYNuDay360 products?

Yes! You can mix and match any MYNuDay360 products to meet your specific needs.

Who should take Night Time?

Night Time is formulated for healthy adults aged 18 and over who want additional support for their sleep.

Is Night Time addictive? Will it make it harder for me to fall asleep if I stop taking it?

No. The ingredients in Night Time are shown to be safe, non-addictive, non-habit forming, and should not cause any

dependency when used as directed. Because your body is not building up a tolerance to the ingredients, you also don't need to take more of it over time, and you won't experience withdrawals if you stop taking the product. You can rest easy knowing you're taking a safe, high-quality nutritional supplement to support high-quality 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 insomnia, 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.

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

Magnesium (as Magnesium Carbonate)	225 mg
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Saffron (<i>Crocus sativus</i>) Stigma Extract (equivalent to 42 mg dry stigma)	14 mg
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OTHER INGREDIENTS Citric Acid, Natural Flavours (Peppermint, Passion Fruit, Peach), Steviol glycosides (from Stevia Rebaudioside).

SUITABLE FOR VEGETARIANS.

