

True Stories

From Everyday People

The first night using the **Slender Sleep** formula helped me fall asleep sooner after awakening during the night. The second night gave me the best night's sleep I have had in a long time and I had an abundance of energy all day. I look forward to continuing this new and wonderful product again to help change my sleep pattern. Thank you, Dr. Ted, for giving us a sweet dream formula.

Joanne R.

I normally wake up at 1 AM or 3 AM and am not able to go back to sleep. After starting **Slender Sleep**, I am sleeping deeper and not waking up until about 5:15 AM, just before the alarm! If I do get up to go to the bathroom in the middle of the night, I am able to go right back to sleep. I now feel so much more rested and have more energy in the morning.

M. Johnson

I am excited with the results of **Slender Sleep**. I usually wake up every hour to hour and a half and sometimes I go right to sleep, but most of the time it takes me a while. In the morning, I am tired and use triON to get going. By day five, my quality of sleep was amazing. I slept 4 hours and when I woke up I was ready to go. I felt like the sleep was that of my childhood!! I wasn't tired and didn't need a nap. This product is amazing!!!

Sally G.

Before taking **Slender Sleep**, I was sleeping just okay but by the third day of taking the pills, I noticed my sleep was deeper and I didn't wake up during the night. I also noticed that when I woke up after taking **Slender Sleep**, I felt more energized in the mornings.

Jorge W.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or mitigate any disease.



Over Fat

America

It Seems America is Always on a Diet!

Yet, the need to lose weight has never been more evident. Over 66% of Americans are overweight—many obese. Even childhood obesity has become a serious issue. This 'overfatness' has risen over the past 20 years in spite of:

- ~ Numerous diets
- ~ Education
- ~ Endless diet books
- ~ Exercise devices
- ~ Low-carb snacks
- ~ Low-fat foods
- ~ No-Cal sweeteners
- ~ Diet sodas

Obviously, these haven't worked.

So, what does?

Ted Brooks, Ph.D., Nutrition, has developed the answer—Our **NoN-Diet Slendering System**. In 2007, OvatioN began pursuing a bold new direction in the arena of ethical weight control.

Imagine an approach that requires:

- ~ No Dieting
- ~ No Gyms
- ~ No Hunger
- ~ No Stress
- ~ No Deprivation
- ~ No Will Power
- ~ No Gimmicks
- ~ No Empty Promises

This simple and easy

Slendering System includes:

Slendering! – A specialized fiber taken AFTER a meal that absorbs and eliminates up to 25% of the fat calories in a meal.

Slender Sleep – A proprietary formula taken before bedtime that promotes sleep and assists fat metabolism.

Slender Fiber Snacks — A deliciously unique fiber that may be taken before a meal and aids in suppressing appetite and acts as a Prebiotic which can enhance the immune system.

Your OvatioN Wellness Coach:

All Natural - No Drugs

Slender Sleep™

It's True!

You CAN Gain Sleep and Lose Weight at the Same Time

Part of OvatioN's
NoN-Diet Slendering System

Sleep

And Your Weight

The Problem—Lack of Sleep

The Result—Weight Gain

The National Health and Nutrition Examination Survey (NHANES) did a large study with over 18,000 federal employees to study the links between sleep and obesity in the 1980's. **The results were astounding!** So much so that on March 18 2008, CBS did an interview about it with Dr. Emily Senay on *The Early Show*.

The study revealed that those who averaged

- ◆ 4 hours of sleep a night were 73% more likely to be obese than those that slept the recommended 7 to 9 hours.
- ◆ 5 hours of sleep had a 50% greater risk.
- ◆ 6 hours of sleep had a 23% greater risk.

This is alarming and, at the same time, encouraging news. Simply get more sleep!

How does enough sleep contribute to maintaining normal weight? There are several important reasons including:

- ◆ Less sleep promotes LESS leptin, a hormone that suppresses appetite. Not a good thing!
- ◆ Less sleep promotes MORE grehlin, a hormone that stimulates appetite. The dual impact of both contributes to obesity.
- ◆ Good sleep promotes energy throughout the following day, which burns more calories.

Studies conducted (03/2008):

During this 5-day study, conducted by Ted Brooks, Ph.D., Nutrition, participants completed a survey regarding the quality of their sleep before and after taking **Slender Sleep**.

The results of the Studies are:

- ◆ 89% reported "Sleeping Great!"
- ◆ 100% reported "More Energy."
- ◆ 100% reported "Not being tired."



The Answer—Slender Sleep

Slender Sleep is a proprietary formulation of specific nutritional elements that have a long history of helping people to sleep better and longer.

Calcium—Promotes good sleep AND is a key factor in muscle metabolism for burning fat. Robert Heaney, M.D., one of the foremost calcium and vitamin D researchers states: "Only 1000 mg of additional calcium daily can result in an annual 17.6 pound difference in your body weight."

Calcium may also play a role in increasing levels of High Density Lipoprotein (HDL—the good kind of cholesterol) thereby promoting weight and inch loss.

Magnesium—Promotes a sound nights sleep and diminishes painful leg muscle cramping at night.

Vitamin D-3—Promotes the absorption of calcium, assists in the reduction of back pain and supports the immune system.

L-Carnitine—Promotes normal regulation of fat burning in the body. Making sure you have sufficient amounts of L-Carnitine can keep the energy-producing components of the cell from deteriorating. When the cell's mitochondria continuously lacks L-Carnitine for any length of time, it weakens and starts the aging process. A feeling of fatigue and lack of energy could indicate low levels of L-Carnitine in the body.

Why Slender Sleep? It's ALL in the Formula!

| <i>When in the correct ratios, the ingredients in Slender Sleep work as a synergistic team with the body's sleeping systems. In addition to a better and longer lasting deeper sleep, these ingredients have other wellness benefits. Combined with Slendering!, Slender Fiber Snacks and triON, you have a complete NoN-Diet system for wellness and weight loss benefits.</i> | Wellness & Weight Loss Benefits | Calcium | Magnesium | Vitamin D-3 | L-Carnitine |
|---|------------------------------------|---------|-----------|-------------|-------------|
| | Enhances Body Fat Metabolism | Yes | Yes | Yes | Yes |
| | Enhances Sleep | Yes | Yes | Yes | Yes |
| | Assists in Control of Cholesterol | Yes | Yes | Yes | Yes |
| | Aids in Energy Production | Yes | Yes | | Yes |
| | Cardio Protective | Yes | Yes | Yes | Yes |
| | Aids Normal Blood Pressure | Yes | Yes | Yes | Yes |
| | Assists Prevention of Osteoporosis | Yes | Yes | Yes | Yes |
| | Enhances Calcium Absorption | | Yes | Yes | |
| | Assists Stress Reduction | Yes | Yes | Yes | |
| | Helps Balance Normal pH Level | Yes | Yes | Yes | Yes |
| | Diabetic Friendly | Yes | Yes | Yes | Yes |