

# Sleep Support



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Dr. Hyman's supplement stack recommendation for optimal healthy support

## Recommended Usage and Benefits

### Best-Rest Formula

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**Take 2 at night.** Provides support for occasional sleeplessness and natural relaxation of the nervous system.

### Zen

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**Take 2 at night.** Found in green tea, but is caffeine-free while promoting a calm mood.

### NeuroMag

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**Take 2-3 at night.** Supports cognitive abilities and decrease common age-related memory decline.

### Cortisol Manager Allergen Free

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**Take 2 at night.** Supports balanced cortisol and a healthy stress response and helps with sleep.

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## Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at [support@drhyman.com](mailto:support@drhyman.com) or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

\*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.