

Save \$3



# Drug-Free 7 Hour Sleep Support†

Available at many retailers, including: *Walgreens* *Kroger* **RITE AID PHARMACY** *amazon*

**REMfresh.com** and select **CVS pharmacy** **Walmart**  stores

**SAVE 20% on REMfresh.com**








Use code: **GETREM21** Offer expires 12/31/21

**Instructions:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

†Among primary care physicians with a certification in sleep disorders who recommended a non-prescription sleep aid brand. IQVIA ProVoice 2020 survey. \*REM Absorption Kinetics Trial (REMAKT), a pharmacokinetic trial of 5mg REMfresh®, not a sleep study. Approved after peer review and then published in *Primary Care Companion for CNS Disorders*, 2019. For healthcare professional use only.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# A Good Night's Sleep Starts with a Good Sleep Hygiene Cycle™

-  Go to bed the same time every night
-  Make sure bedroom is quiet, dark, and cool
-  Avoid looking at blue screen devices (TV, laptops, smartphones, tablets)
-  Enjoy a 2-hour period of calm activity to reduce restlessness and circular thoughts before bedtime
-  Avoid exercise, alcohol, and large meals before bedtime
-  Avoid caffeine after noon
-  Take REMfresh®, 30-90 minutes before bedtime



Manufacturer's Coupon Expires: 12/31/21

# SAVE \$3.00

Offer good on 12 ct. and 36 ct.

**NOT FOR RESALE.** Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CIC® Member Coupon Integrity Program. **CONSUMER:** Limit one coupon per specified item(s) purchased. No cash or credit in excess of shelf price awarded. Any other use constitutes fraud.

**RETAILER:** Nestlé HealthCare Nutrition 1 Fawcett Dr., Del Rio, TX 78840, USA will redeem this coupon per our Nestlé Coupon Redemption Policy found at <https://www.inmar.com/-/Document/NestleConsolidatedCouponRedemptionPolicy.pdf>. Consumer must pay sales tax where applicable. Valid in the USA, incl. APOs/FPOs/Possessions/Territories. Cash value: 1/20¢.

0857150006-123020



All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2021 Nestlé. †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.