



# Travel Bundle

*Essential Travel Companions*



## Sleep Relief for:

- ▶ Jet Lag
- ▶ Hotels & Cruises
- ▶ Trains, Planes & Automobiles
- ▶ Camping

## Digestive Relief for:

- ▶ Acute diarrhea
- ▶ Foreign Food & Drinks
- ▶ Overindulgence
- ▶ Food Intolerance



# Travel Bundle

## Fast Acting Sleep and Digestive Support

Travel with the essentials for an enjoyable vacation, getting a good night sleep, and keeping the digestive tract healthy. The Travel Bundle is indispensable to deal with symptoms of jet lag, GI upset, acute diarrhea due to food intolerances.

- ▶ Fast Acting
- ▶ Tablet dissolves under tongue

## Melatonin B6 tablets

Melatonin is the natural hormone to promote sleep and reset circadian rhythms and the sleep-wake cycle. Added vitamin B6 enhances melatonin absorption. Melatonin is a non-addictive sleep aid, with no morning 'hangover' effects.

- ▶ Resets jet lag symptoms
- ▶ Promotes a good night sleep
- ▶ Helps to fall asleep anywhere

Jet lag - take 1 tablet dissolved under tongue one hour before desired bedtime after darkness in new destination. Continue until adapted to new daily sleep/wake pattern. This technique is especially effective for eastbound travel over 2+ time zones.

Restful night sleep/Difficulty falling asleep – take 1 tablet dissolved under tongue 30 minutes before bedtime.

## Pleo Oku 2X tablets

Okoubaka aubrevillei is derived from the bark of the Okoubaka tree of Western Africa. It has a long use in traditional medicine and studies show that it stimulates the body's immune defenses against food poisoning<sup>1</sup>.

- ▶ Acute travellers' diarrhea
- ▶ Effects from dietary changes
- ▶ Food intolerances
- ▶ Overindulgence in food/drink

Acute - take 1 tablet dissolved under the tongue every 30 to 60 minutes until symptoms resolve (up to 12 tablets daily).

Prevention - take 2 tablets dissolved under the tongue daily during entire travel period.



**Medicinal Ingredients per capsules:**

Melatonin .....10 mg  
Vitamin B6. ....10 mg

**Dosage (adults):**

For sleep restrictions/altered sleep schedule, delayed sleep phase disorder or sleep-wake cycle: Take 1 lozenge once a day, at or before bedtime.

For jet lag: Take 1 lozenge once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern.

*Do not drive or use machinery for 5 hours after taking melatonin.*

60 Lozenges • NPN 80066072



**Medicinal Ingredients:** Okoubaka aubrevillei 2x.

**Recommended Dose (adults):**

Acute: 1 tablet every half to full hour up to a max of 12 times daily.

Chronic: 2 tablets daily.

80 tablets • DIN-HM 80060646



**Reference**

1. Borokini, Israel. (2014). Okoubaka Aubrevillei (Pelleg & Norman): A Synthesis of Existing Knowledge for Research and Conservation in West and Central Africa. Journal of Biology and Life Science. 6. 67. 10.5296/jbls.v6i1.6399.

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