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Takes 15 Seconds, Helps Deliver...

# Naturally Perfect Sleep in Just 8 Minutes

"I [tried your tongue technique] out of desperation and to my complete surprise, it worked the very first night! I slept like a baby the entire night!
No tossing and turning...
**What a Miracle this is!"**

–Charles O., Dallas, TX

Hello. If you're over age 60, **I know something about you**.

Something that's a little **personal**…

**You can't sleep.**

Or, at least, you don't sleep nearly as well as you did when you were younger.

And it's **stealing the energy and focus you need** to get the most out of your "golden years."

**I'm Dr. Allan Spreen, MD.**

You may know me from my appearances on the Discovery Health Channel…

Or perhaps you're among the tens of thousands of Americans who have one of my books…

**DR. ALLAN SPREEN**

Nationally acclaimed as America's "Nutrition Physician", Dr. Allan Spreen, M.D. has been helping people stay healthy as a private doctor, published author, and noted researcher. Dr. Spreen has also been featured on the Discovery Health channel for his expertise and experience in finding natural solutions to the worst health problems of today.

**But today I have something to share just with you.**

Because, if you're in your "golden years"…

I know something else as well… and it's **important**.

**The so-called experts could be getting it all wrong when it comes to senior sleep.**

I've also discovered how **one simple change to your bedtime habits**…

…**using a scientifically backed sleep technique…**

***…that involves a simple movement of your tongue…***

Can help you **fall asleep – naturally and gently**…

…**in just 8 minutes flat.**

Plus, keep your sleep uninterrupted, all night long…

…***like a teenager on summer vacation.***

Best of all, these results were *confirmed* in a small, but groundbreaking study.

I'll show you everything next…

Let's get started right now.

As someone who's 70 years young myself…

I know what poor sleep feels like – **and how much of a nuisance it can really be**.

How it sometimes takes forever to fall asleep at night…

Tossing and turning as the hours tick by, later and later…

Or that feeling of waking up in the dead of night…

And no matter what you do, you can't fall back asleep for hours.

**But the morning after is the worst.**

Feeling exhausted… *Frustrated…*

And stumbling through your day like a sleep-deprived zombie…

And if you think those sleepless nights make you feel sluggish, uncoordinated, and foggy…

It's not your imagination:

# Just one day of sleep deprivation has the same effect on your mental and physical abilities… as being drunk!

That's a scientifically verified fact.

*But it gets even bigger…*

Studies now show good sleep is essential for staying healthy…

**And BAD sleep is actually linked to problems with blood sugar…**

**…memory…**

**…and even overall brain health**.

**Scary stuff.**

Not to mention how even *occasional* poor sleep effects your productivity…

To be active, and enjoy the things you love to do…

And to be happy and satisfied with the quality of your life.

So, if you're not getting deep, restful sleep every night, **now's the time to make a change**…

**And that's why I created this video for you today.**

Remember when you were younger – *how you slept like a stone*…

And woke up with the morning light… **refreshed, energized, and ready to start your day?**

**Do you want that back?**

## Are you ready to break the cycle of poor sleep, and RESET your life?

**Then let me show you a scientifically backed "tongue movement" to fall asleep in as little as 8 minutes flat.**

**And stay fast asleep all night.**

Let me repeat that:

If you do this one thing while you're getting ready for bed, **you could fall asleep in about 8 minutes**.

**And sleep deeply throughout the night....**

…with the same results shown in a groundbreaking study.

In fact, this "tongue technique" is SO powerful **it can help RESET your entire sleep cycle**.

That's actually how it works…

It can naturally break the cycle of occasional poor sleep you're in now…

And resets it to **work like it used to**…

## It takes about 15 seconds and you can do it right in your bedroom

**So you sleep like you're a teenager again…**

*Night after blessed night.*

It's already working for thousands of people across America right now…

When **72-year-old Stanley L. of Santa Monica, CA**, tried this "tongue move" he told me:

> *"My life has totally changed. At first, I thought [your sleep technique] might not work, but I laid down and the next thing I knew it was 8 hours later. And it has been like that every night since."*

Or **Charles O. from Dallas** who wrote to me to say…

> *"I [tried your tongue technique] out of desperation and to my complete surprise, it worked the very first night! I slept like a baby the entire night! No tossing and turning. What a Miracle this is!"*

And, in just a moment from now, **you'll know the same "tongue move"** that Stanley and Charles do.

Plus, you'll hear from **other real folks just like you**…

Who struggled to sleep from time to time… and **have now found true relief**.

If you're tired of getting poor sleep…

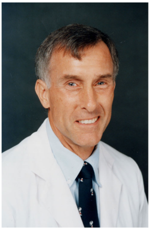
Tired of not feeling rested and refreshed when you get up…

Tired of the frustration of lying awake at night…

*Heck, just TIRED in general?*

Then please read this entire presentation…

It might be the most important thing you ever see.



**My name, again, is Dr. Allan Spreen, MD.**

And throughout my medical career, **I've made it my mission to uncover real solutions for the health problems facing Americans today.**

I'm a published author with tens of thousands of my books in print…

I've been called America's "Nutrition Physician"…

And I was honored when **Discovery Health Channel** asked me to talk about my new health discoveries for seniors.

I'm also the Chief Medical Advisor for the world-renowned **Health Sciences Institute**, a health research and publishing organization with more than 300,000 members…

…that is dedicated to uncovering little-known health breakthroughs.

I was also a competitive diver when I was younger, and I coached for the US dive team in the '96 Olympic games.

But I'm proudest of the fact that **I've been a medical doctor for nearly 40 years**...

And I can tell you without any question, if you're over the age of 60 and suffering from poor sleep…

**You're not alone.**

## More than 1 out of every 3 American adults don't get good sleep

I've experienced the frustration myself…

Lying awake in the wee hours… knowing I'll be foggy and miserable the next morning…

**And the problem just gets worse as we get older.**

I'll explain why in a moment…

**So, what can you do?**

A lot of people turn to traditional sleep aids, **but you couldn't pay me to take one**…

Why? **Because almost all of them leave you groggy**…

And the possible side effects are **beyond belief**…

I'm talking about dry mouth, headaches, constipation…

…and those are just the *mild* ones!

**YIKES!**

**Not for me… no thank you.**

Especially when there's a better way.

In the next 2:25 I'm going to show you a **scientifically backed way to help reset your sleep cycle**…

- **Fall asleep in as little as 8 minutes…**
- **Stop waking up during the night…**
- **And experience restful, restorative sleep**… *naturally*… just like you did decades ago.

Remember back when you never gave sleep a second thought?

And you kind of thought it would always be like that…

But we've now learned first-hand that…

## Sleep for seniors is a lot different than it is for youngsters

*And never let anyone tell you otherwise!*

**In fact, I've now found 3 key differences between "senior sleep" and "young sleep"…**

…that led me to develop this unique "tongue move."

**Here's the first one…**

**#1) Do you ever dream in black and white?**

If you do, it probably means one thing:

You're over age 60.

Researchers think it might have to do with us watching black and white television for so many years.

But there's another thing that happens if you're over 60…

**#2) Studies show almost HALF of seniors may suffer from an undiagnosed sleep condition.**

**It's called: Periodic Limb Movements of Sleep, or PLMS.**

It's estimated as many as 45% of American seniors have occasional PLMS.

Meaning your legs, feet, or hips may twitch or flex throughout the night – *as often as every 10 seconds*.

PLMS can affect your sleep or the sleep of your spouse – and you might not even realize you have it.

Now, PLMS generally doesn't need to be treated…

**#3) But there's a more sinister senior sleep disrupter that *also* goes undiagnosed.**

And if you own a cell phone, computer, or television…

## It might be the number one undiagnosed reason you can't sleep

Because it could be **throwing off your normal sleep cycle by 3 FULL HOURS**.

Let me explain…

It's something called "blue light."

You see, the screens on modern technological devices like phones and TVs…

And the energy-efficient LED lights taking over our homes and buildings…

**Emit a damaging type of light** – called blue light.

**You can't escape it.**

It's not like the sun's light or any kind of natural light.

**It's unnatural.**

**And our bodies don't like it.**

It's a sort of high frequency radiation…

And scientists are learning that **it can have a major impact on sleep**.

Have you ever heard of something called your circadian rhythm?

Essentially, it's your natural, biological sleep cycle…

…kind of like an internal clock in your brain.

When it's working the right way, your circadian rhythm tells you to get up in the morning, and then…

When it's nighttime, it tells your body to go to sleep and stay asleep all night.

…*naturally*.

It does this by using a hormone called **melatonin**. I'm sure you've heard of it.

Melatonin is made by a small gland (called the "pineal gland") in your brain…

Think of melatonin as **your body's "go to sleep" hormone.**

## It's the key to good sleep

After the sun goes down, your pineal gland releases melatonin into your body.

The melatonin *calms your body and brain*… and it makes you drowsy… so you fall asleep.

Unless that is… **something messes it up.**

Something like **damaging blue light** from your phone or modern "high efficiency" light bulbs.

When your eyes see light, your body reduces the amount of melatonin – the "go to sleep" hormone – it releases…

But if it's blue light… **it's much worse than normal light**.

**In fact, it's TWICE as bad.**

Harvard University researchers did a study comparing blue light to a green light of the same brightness…

And they discovered that **blue light really is asleep disruptor**…

It suppressed the amount of melatonin (your "go to sleep" hormone) in the body for **TWICE** as long as green light…

**And disrupted people's circadian rhythms** – the internal clock that tells them when to sleep and when to wake…

**By a full 3 hours.**

In other words, **it disrupted these people's normal sleep cycle by 180 minutes**!

Wow – no wonder our "internal clocks" don't know when we should sleep or be awake…

Do you **watch TV** after the sun goes down?

Do you ever look at your phone, computer, or tablet screen after dark?

Do you use LED or fluorescent lights?

**You could be throwing off your natural sleep cycle by HOURS.**

Now, it's not your fault – we **all** use televisions, phones, and lights after dark.

*It's almost impossible to avoid them in this day and age.*

But don't worry…

In a moment I'm going to show you **an easy way to help reset your sleep cycle**, without ditching technology and going back to colonial times…

Because even if we did throw out all our electronic devices and read by candlelight instead… **we'd *still* have problems with melatonin** – the "go to sleep" hormone.

You see, it's not **just** blue light that can suppress melatonin.

We both know there's not much good about getting older, and here's yet another thing…

As we get older, **our bodies stop making as much melatonin.**

*Our levels drop and drop and drop over time…*

People in their 60s and 70s have **much less of it** than younger folks.

So, when you combine your naturally age-depleted levels of melatonin…

…with the blue light that's suppressing levels *even more*…

It's plain to see that disruptions of your "go to sleep" hormone melatonin could very likely be **the reason for your poor sleep.**

**And it's also your answer to getting the refreshing, deep sleep you need…**

Because, in fact, it's been shown that supplementing with melatonin can:

1. **Slash the time it takes you to fall asleep – to just minutes....**
2. **Dramatically increase how long you STAY asleep without waking in the night…**

And…

3. **Naturally help RESET your circadian rhythm – your body's internal clock that tells you when to sleep and when to wake…**

And that's not just a theory… it's been shown in studies with real folks like you and me…

## And the results can be nothing short of life-changing

For example, would you like to drift into a deep, restful sleep **just 8 short minutes** after you get into bed?

Listen to the results of this small but fascinating cross-over study…

Researchers looked at a group of 15 healthy volunteers with an average age of 53…

They gave each of them either a 0.3 mg or 1 mg dose of melatonin… or a placebo.

The volunteers didn't know which they got…

And when they took the melatonin, they drifted off to sleep faster.

***Much faster.***

In fact, on average, the volunteers who took 1 mg of the "go to sleep" hormone melatonin…

**Took just 7:40 seconds to fall asleep.**

Imagine that… you get into bed, get yourself comfortable, **and just 8 short minutes later**…

…you're gently sliding into sleep.

**Naturally.**

**Just like you used to.**

## And all because you "reset" your sleep cycle with melatonin

In this study, the researchers also measured something called "**sleep efficiency**" – which basically means how much of a normal "bedtime" the subjects actually spent sleeping.

So, a sleep efficiency score of 60% would mean that someone only slept 60% of their expected, ideal sleep time.

Now, 85-90% sleep efficiency is considered “normal.”

And, in the study, when these volunteers took a placebo…

They averaged sleep efficiency scores on the lower end of normal.

But when they got the **melatonin**?

Well, that made all the difference…

**Their sleep efficiency scores rocketed up into the “Excellent” range** – about as good as you can get!

**They were sleeping almost 92% of the time they were in bed**, ***which is amazing***.

Think about it…

**Going to bed and *staying asleep* almost the entire time…**

**No problem getting to sleep…**

**No problem with lying awake at night…**

**Just *deep, restorative sleep*…**

**…and practically leaping out of bed in the morning, refreshed and raring to go.**

There’s more.

Another small cross-over study looked at 12 seniors, with an average age of 76…

…who were all complaining of **trouble sleeping.**

All the seniors were given melatonin or a placebo.

And wouldn’t you know it… **the “go to sleep” hormone worked AGAIN.**

**It helped correct their poor sleep patterns.**

In fact, compared to the placebo…

…their sleep efficiency improved by a full 8%.

And, if 8% doesn’t sound like much…

…for someone spending 8 hours in bed a night…

It’s the equivalent of almost **40 more minutes of sleep** every night…

## Imagine almost 40 more minutes of restful sleep

And there’s more...

The people who got melatonin also woke up less overnight… MUCH less.

In fact, compared to placebo, melatonin **cut the amount of time they were awake at night by a full 33%.**

That’s a 1/3 less time awake…

…1/3 less time staring at the ceiling…

…1/3 less time trying not to look at the clock…

**Replaced by deep, uninterrupted sleep.**

And, remember, these were people with pesky sleep problems…

And *they* were still able to **stop the frustrating pattern, and enjoy good, restful sleep**.

Imagine being one of the lucky people in these studies…

Falling asleep in ***just 8 minutes***…

…sleeping **92%** of the time you're in bed…

…or sleeping almost **40 more minutes** every night…

…with far **fewer** periods of waking up overnight.

Remember, we all make less melatonin as we get older…

And when you combine that with the sleep disturbing blue light that's impossible to avoid…

I believe **melatonin is the best way to help reset your circadian rhythm** – your body's "internal sleep/wake clock"…

…**to get back to *youthful* sleeping patterns.**

If you're struggling to get good, refreshing, complete sleep…

## Melatonin – the "go to sleep" hormone – is the answer

So, it's easy, right?

*Just buy some melatonin and you're all set!?*

**Not so fast.**

There's something you need to know…

**If you're buying regular melatonin...**

**You're making a BIG mistake.**

You see…

(and this is really **important**) …

**All melatonin isn't created equal.**

Not by a long shot.

**I wouldn't buy melatonin pills from a store or website…**

Because there's a good chance it doesn't contain what's on the label.

Melatonin needs to be *precisely* dosed…

So what a recent study discovered is very concerning:

It found that **70% of melatonin supplements contain only a tiny fraction of the amount** of melatonin it says on the label…

Others had WAY MORE than the label said

Others had WAY MORE than the label said…

**As much as 465% MORE melatonin than labeled!**

And some contained other substances and even hormones not disclosed…

***Scary stuff.***

But there's another reason I wouldn't buy melatonin pills from a store or website…

And, if you've tried melatonin before and it didn't work well… **this could explain why**.

There's **only one kind** of melatonin you should take…

And it's not easily found...

It's called ***Liposomal Melatonin***.

That means it's not a pill…

It means the melatonin is suspended in something called **liposomes**, which are tiny, microscopic droplets…

Which also means **it's delivered in a convenient, good-tasting spray**, not as a pill or capsule.

So you don't have to swallow anything, and…

Remember the "**tongue move**" I mentioned earlier?

Here's where that comes in…

All you have to do is lift up your tongue…

And spray a little Liposomal Melatonin underneath your tongue a few minutes before bed… and swallow. *Nothing to it!*

See, the area under your tongue is **special**.

It contains thousands of little capillaries (or tiny blood vessels). Meaning…

It can absorb those special liposome droplets with **lightning speed** and send the melatonin immediately to work.

In just minutes, you can feel your body telling you it's time for sleep… **gently and naturally**.

You'll lay your head down and drift away… **completely relaxed** and with your mind at rest…

And with the calm confidence that **you'll sleep through the night**, ready to rise with the morning light...

Because Liposomal Melatonin works better than regular melatonin… ***much, much better***.

In fact…

Studies have shown that **Liposomal Melatonin spray is absorbed TWICE as fast**…

## So you get to the peak sleep levels you need in HALF the time

And Liposomal Melatonin makes more of the melatonin available for your body…

(That's something called "bioavailability.")

Bioavailability is a measure of **how much** of the melatonin gets into your system, and is then available for your body to use.

And Liposomal Melatonin has **50% greater bioavailability** than pill-form melatonin.

**That means 50% more of it is available for your body to use.**

There's even more…

A study found that **Liposomal Melatonin reaches *peak levels in just 2 hours***…

…but then stays available in your body for ***a full 6 hours after that***!

Compare that to the pill form, which took a much slower 4 hours to reach peak levels, and then started dropping immediately after that.

As a doctor, there's no question in my mind...

**Liposomal Melatonin spray is better in every way – and it's the only kind of melatonin I recommend.**

Don't take any other kind.

But Liposomal Melatonin is not easy to find…

And, as I mentioned before, many melatonin supplements are often contaminated with other substances.

But I've made it my lifelong mission to help people improve their health…

And I believe very much that Liposomal Melatonin can help seniors find sleep in just 8 minutes…

…and sleep much longer through the night, with far fewer waking moments.

That's why I've used my connections in the health industry…

…to get access to a small supply of **the best quality** Liposomal Melatonin I've ever seen…

…in the **carefully controlled dosage** I consider **perfect for seniors**.

And, because you watched this presentation today…

I'd like to offer you the exclusive opportunity to try it… **100% risk free.**

Introducing… **Ezzz Spray PM.**

NORTH STAR
EZzz Spray PM
A Dietary Supplement
Net: 1 Fluid OZ / 30 ML

**Ezzz Spray PM is the highest quality Liposomal Melatonin.**

It works great – and there are no pills to swallow.

All you need is **2 quick sprays** under your tongue about 30 minutes before bed (it tastes great)…

…**and then get ready for a night of deep, restful sleep.**

Ezzz Spray PM is available exclusively from my Northstar Nutritionals nutraceuticals line.

…a small, family owned company here in the USA.

And Ezzz Spray PM is manufactured right here in the USA too… in a facility certified for safety.

Every batch is tested to ensure the melatonin dose is correct…

**And contains 100% PURE melatonin** – the "go to sleep" hormone.

Plus, you can feel great knowing…

**Ezzz Spray PM is also:**

- **Safe and natural**
- **Made with non-GMO ingredients**
- **Vegetarian**
- **And has NO artificial sweeteners**

You have my word as a doctor…

I believe Ezzz Spray PM is the best sleep solution for seniors available *anywhere*…

## If you want to fall asleep in 8 short minutes

…with a **perfect dose of Liposomal Melatonin** that lasts a full 6 hours…

…and **wake up feeling restored** and full of energy…

**Ezzz Spray PM is your answer.**

But there is one thing you need to know…

You see, Ezzz Spray PM is available through this presentation today.

But it's not sold in stores – and it never will be.

That's the only way I can maintain our highest level of quality control…

**And keep the price low for you.**

Right now, we only have a small batch of Ezzz Spray PM available and it could sell out quickly.

So please don't leave this presentation – or I can't say if we'll have any left.

And if you're wondering if Ezzz Spray PM will do everything I promised you today…

…there is a small group of Americans who've been lucky enough to try Ezzz Spray PM already…

And here's what a few of them had to say:

Louisa S., from Boston said…

> *"I have had a difficult time falling asleep, staying asleep, and not getting enough sleep. Now I fall asleep within 30 minutes of spraying Ezzz Spray PM, sleep 6-8 hours, only wake about 2 times a night, can go back to sleep after waking, and feel rested when up in the morning. I have more energy throughout the day and stay more active.* ***This is the ONLY sleep aide that has worked for me****."*

Lorraine H. from Newark, DE, is a big fan. She wrote to say:

> ***"I gotta tell you,this stuff is really amazing and it really works****. And, it doesn't knock you out or anything. You just get to the point and you say, 'Yeah, I think I'll lay down.' And then you lay down and you're gone. It really works well."*

Tyler E. from Chantilly, VA, had this to say:

> *"This is probably the first product I have ever ordered that worked as described. I would describe Ezzz Spray PM as effective, easy and tasty. I noticed the effect the very first night. My sleep was deep.* ***I usually have to get up to go to the bathroom one to two times a night and with this, I only do once or not at all.*** *It is easy deep sleep. I gave a bottle to my sister who sleeps fitfully and she could not believe the difference it made. You have a great product here."*

Giselle F. from Provo, UT is amazed by how effective Ezzz Spray PM is. She said…

> *"EzzzSpray allows me to get to sleep more quickly than formerly, and most important,* ***it allows me to get back to sleep once I've risen to go to the bathroom****. That is a major plus.* ***In addition, it's allowing me a usual 8 to 9 hours of good rest.*** *So, it's amazing so far!"*

Marge D. from Eugene, OR wrote in to say:

> ***"Ezzz Spray is quick, effective and has no side effects! It started working for me the very first night.*** *I'm not tossing and turning now. I find that I'm more willing to face daily challenges with a full night's sleep."*

John P. from San Francisco says…

> *“**Finally, real sleep!** I noticed a difference in my sleeping after taking it for two days. **Finally, no tossing and turning, and falling asleep is easier.** My life has improved since I started using Ezzz Spray.”*

Judy J. from Topeka told me:

> *“I have been using Ezzz Spray for several weeks now and it has helped me fall asleep and sleep deeply. **It really has been a blessing for me**.”*

There are so many more, but I’ll just share one final note from an Ezzz Spray PM user.

It’s from Wade G. from Tallahassee. Wade says…

> *“Ezzz Spray PM works well! **I take two sprays on my tongue a few minutes before going to bed, lay down, and I am sleeping almost as soon as my head hits the pillow.** It works far better than the sleep aid supplements I was taking for years. Thank you. It is a great product.”*

I hope you can see what a life-changing difference the Liposomal Melatonin in Ezzz Spray PM…

…has made for the people who’ve been able to try it.

But I don’t want you to take their word for it.

Or even mine.

## I want you to try Ezzz Spray PM for yourself today – with ZERO risk

Let me explain…

In a moment, you’ll see a bright green button below this screen that says, “Add to Cart.”

When you see it, click the button.

You’ll be taken to a secure page where you can **reserve your own personal supply** of Ezzz Spray PM.

Because there’s no retail middleman, you’ll be surprised by how inexpensive it is.

And you’ll see you can try just a single one-month supply…

**Or save even more** by selecting a 3- or 6-month supply.

**But whatever quantity you choose…**

**You take ZERO risk.**

We’ll ship your own supply of Ezzz Spray PM right to your mailbox or door.

And when your own supply arrives, open up the package...

You’ll see Ezzz Spray PM is a **high-quality bottle**, with an **easy-to-use spray pump on top**.

About 30 minutes before bed, give yourself **two quick sprays under your tongue**.

(The quality pump ensures you get the right dosage every time.)

Then… see how quickly and gently you drift away to sleep…

Make sure you find yourself sleeping through the whole night…

…with far fewer waking episodes – or maybe none at all.

Take note of how you feel the next morning…

**Do you feel refreshed… restored?**

Do you feel sharper and more focused?

**Ready to take on the day?**

That’s what I expect you to experience with Ezzz Spray PM.

**That's what you deserve.**

BUT…

**…if you don't experience everything I've promised you today…**

**Then I insist you send it back for a FULL, 100% refund on everything you paid.**

**And that guarantee NEVER expires.**

For many people, Ezzz Spray PM works great the very first night.

But some people tell me it takes them a couple days to experience full restorative sleep from Ezzz Spray PM.

That's fine – **take as long as you need.**

## Because your 100% money-back guarantee NEVER expires

You don't have 15 days or 30 days or even 90 days to try Ezzz Spray…

Take as long as you want.

It doesn't matter if it's 2 days or 2 years later…

**If you're not 100% satisfied with your results, you can ALWAYS get your money back.**

**Any time.**

**With no questions asked.**

**And no fine print.**

I want you to have no worries when you try Ezzz Spray PM today…

…with its highest quality Liposomal Melatonin **for 8 minutes to deep sleep**…

You can rest easy knowing you can ALWAYS get a full refund if you're not happy – for any reason.

That's how Northstar Nutritionals does business.

Like how it used to be.

How it SHOULD be.

So let's review what we've talked about today…

You learned that **melatonin** – the "go to sleep" hormone…

…**is the key to regulating your "sleep/wake cycle"**…

And it's vital for deep, uninterrupted sleep.

You also learned how **damaging blue light** from phones, TVs, and modern lightbulbs…

…is likely **hurting your melatonin levels**.

And how your levels drop as you get older, making it almost impossible to get good sleep.

You saw the studies which showed how **melatonin could help you fall asleep in less than 8 minutes**…

…**sleep longer and *better*** every night…

…and actually help **"reset" your natural sleep cycle** for truly restorative sleep.

You also learned how regular **over-the-counter melatonin might not contain what it says it does**…

And how special **Liposomal Melatonin reaches peak levels twice as fast**… and lasts for a full 6 hours.

**And how it's the ONLY kind of melatonin you should take.**

You also learned how I have a **small supply** of highest-quality, Liposomal Melatonin available…

…in my Ezzz Spray PM from Northstar Nutritionals.

You also **heard from real folks who have already tried Ezzz Spray PM** for themselves…

And you learned how **you have the opportunity to try it today**, before it sells out…

…**with absolutely ZERO risk.**

Are you ready to get started?

Ready to claim your own risk-free supply of Ezzz Spray PM…

So you can get back to refreshing, deep sleep just a few days from now?

The way I see it you have **2 options**…

You can ignore this presentation, and continue to suffer from occasional poor, interrupted sleep.

Wondering if it will ever get better… and worried it will only get worse.

Or you can **choose Option 2**…

…*the right option*…

Which is to **try Ezzz Spray PM for yourself – with ZERO risk.**

You can trust its high-quality Liposomal Melatonin, which reaches peak levels TWICE as fast…

…and stays in your body a full 6 hours…

…to solve your sleep challenges:

Whisking you to sleep in just 8 minutes…

…and stopping the overnight waking sessions…

…so you wake up fully charged with energy and feeling fantastic.

*Just like you used to.*

**That's the option I hope you'll choose.**

After all, you have so much to gain…

And nothing at all to lose…

…except those frustrating sleepless nights.

Just imagine how much better your life will be when you're once again experiencing full nights of refreshing sleep…

Dumping the exhaustion…

Dumping the red eyes and foggy brain…

And *exchanging* them for **youthful energy, sharp focus, and newfound joy in your everyday life**.

***That's* what Ezzz Spray PM can do for you.**

In a moment, you'll see the green "Add to Cart" button below this presentation.

When you see it, **click it to reserve your own personal supply**.

But before you do, I have one more piece of **good news for you**.

Because you watched this presentation, **I have arranged something extra special for you today.**

I mentioned earlier you could try a 1, 3, or 6-month supply of Ezzz Spray PM…

**Well, I've decided to give you TWICE as much, at no extra cost.**

That's right.

DOUBLE
the amount in every
EZzz Spray PM bottle
at no extra cost!
NORTH STAR
EZzz Spray PM
A Dietary Supplement
Net 1 Fluid OZ / 30 ML

**I've DOUBLED the size of every Ezzz Spray PM spray bottle…**

**…so you get DOUBLE the amount, if you order today.**

That means you can choose a 2, 6, or 12-month supply – **at our regular prices.**

And you'll see that choosing a 6 or 12-month supply also means **HUGE savings** for you.

In fact, a 12-month supply costs only a little more than 25 cents a day…

That's around a quarter for **refreshing, restorative sleep every night**.

**And it's an absolute steal** for the best quality, US-manufactured Liposomal Melatonin at my ideal dose.

But, no matter what you choose, **your anytime 100% guarantee is always in effect.**

**Again, this "double your supply" offer is only available right here, right now.**

If we sell out of Ezzz Spray PM, I can't say for sure when we'll have more available.

We have a **limited supply** on hand today…

**…so look now for the button below this presentation.**

If you can click through to the reservation page, it means we still have some available.

**So please do not delay a minute.**

If you want to **fall asleep in just 8 short minutes**…

…with special Liposomal Melatonin that's **as easy as 2 quick sprays before bed**…

…that lasts a full **6 hours**...

…so you wake up **refreshed and full of energy**…

…**I'm convinced Ezzz Spray PM is your answer.**

## It's time… *time to choose new, better sleep*

**And your new, better life.**

Go ahead and **click the button below now** to see your options for trying sleep restoring Ezzz Spray PM.

You take no risk and your satisfaction is always guaranteed.

**Please do click the button now, while Ezzz Spray PM is still available.**

I'll see you on the other side.

For Northstar Nutritionals and **Ezzz Spray PM**, I'm Dr. Allan Spreen, MD.

Thank you for sharing this time with me today.

Please click the button now to reserve your own supply of **Ezzz Spray PM** with Liposomal Melatonin.

Yes, Dr. Spreen! I want to try
EZzz Spray PM today RISK-FREE

View this product's ingredients.