

Paula's Recommended Supplements from the Sleep webinar

Click on the URL below the product name to link to our online store.

- **De-Stress**

<https://thebodyproject.estorerx.com/catalog/product/view/id/438/s/de-stress/>

- **Alpha-Theta Ultra PM**

<https://thebodyproject.estorerx.com/catalog/product/view/id/553/s/alpha-theta-ultra-pm/>

- **Acti-Mag Plus**

<https://thebodyproject.estorerx.com/catalog/product/view/id/552/s/acti-mag-plus/>

- **Mg-Zyme**

<https://thebodyproject.estorerx.com/catalog/product/view/id/310/s/mg-zyme-magnesium/>