






Recommendation from Alexa Aboudaram

Monday, Oct 31st

Products

Items	Instructions	Price
 <p>Melatonin 3mg (180 capsules) Pure Encapsulations In Stock</p>	<p>Instructions from Alexa Aboudaram: 1 capsule once per day, for 3 weeks Additional Instructions minimum three weeks</p>	\$33.99
 <p>Valerian: Restful Sleep Support (60 capsules) Gaia Herbs/Professional Solutions In Stock</p>	<p>Instructions from Alexa Aboudaram: 2 capsules once per day, for 1 month Additional Instructions minimum four weeks</p>	\$32.99
 <p>Lavela WS 1265 (60 Softgels) Integrative Therapeutics In Stock</p>	<p>Instructions from Alexa Aboudaram: 1 gel once per day, for 3 months Additional Instructions minimum ten weeks</p>	\$37.99

Items



Chamomile (1 Ounce)

Herb Pharm

In Stock

Instructions

Instructions from Alexa Aboudaram:

1 dropperful twice per day, for 1 month

Additional Instructions

or as a tea for a minimum of 2 weeks

Price

\$16.99



Magnesium Citrate (90 capsules)

Allergy Research Group

In Stock

Instructions from Alexa Aboudaram:

2 capsules once per day, for 2 months

Additional Instructions

minimum 7 weeks

\$18.99