



## Natural Sleep Aid Company Releases Free PM Guide to the Public

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Utalife has today released a free report titled: "The Science of PM". This report aims to educate men and women on the potential benefits of valerian root. It also aims to explain the natural circadian rhythm associated with the peptide hormone melatonin.

The report has been made openly available and at no cost by Utalife. It's available to the general public, thought leaders within the Sleep Aid Supplements market, and anyone with an interest in potentially safe and effective sleep aid supplementation. The report was also written with a specific focus on men and women who find themselves restless at night since Jen Henze, author of the report, believes "in a market this fast-paced, it's critical to have the most current information and we felt this report would make things a lot easier for restless men and women with enough on their plate already."

When asked about why they released the report at this time, Jen Henze, spokeswoman at Utalife said: "We're hoping that customers learn a lot about melatonin and the natural sleep cycle in this report. We're

supposed to spend a third of our lives sleeping, so if you aren't, it's very important to know about sleep. Melatonin and valerian root may have sleep aid benefits, and they could be a potential solution to help men and women who have difficulty sleeping... At the end of the day, we only want what's best for our customers.?

Interested parties can find the report ready to download, for free, at <http://ultalife.com/products/pm.html>

Ultalife was founded in 2014 and is a cutting edge innovator within the Sleep Aid Supplements industry. It is best known for its's Ultalife Natural Sleep Aid as well as delivering cutting edge information to its readers, giving them the arsenal of knowledge they need to live the ultimate life.

Its unique position within its industry gives it the authority to produce such a report on potentially safe and effective sleep aid supplementation because it has spent thousands of dollars on extensive research to get the bottom and heart of what customers need to know to live their best life.

For example, as the report aims to solve to educate men and women on the potential benefits of valerian root, it gives valuable information to the reader that will ultimately benefit them by providing a clear and concise guide to how people can sleep better. This insight simply wouldn't be possible, or their advice nearly as effective, without the 2 years spent in the Sleep Aid Supplements world so far.

Readers can learn more at:  
<http://www.amazon.com/Ultalife-Natural-Sleep-Aid-Melatonin-Valerian/dp/B016P34FBA>.

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## Ultalife

*Our goal at UltraLife is to help as many people as possible live the Ultimate Life. We believe that Ultimate Living involves dreaming big, loving hard, having fun, putting people before profit, and practicing a healthy lifestyle.*

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