# Natural Sleep Aid Featured On Radio Program On How To Get A Good Night's Sleep

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Govivo has announced that their "Naturally Fall Asleep" product, a 100% all natural sleep aid, was recently featured on Shake Rattle Showtime, which is a syndicated weekly radio program that is played in the US and Canada. The product was discussed during a segment of the radio program on how to enjoy a good night's sleep in a natural way.

The director of communications at Govivo explained: "Our natural sleep aid for adults works by helping the nervous system relax. It also helps ease the mind and relax the body so the person taking the supplement can drift naturally off into a restful sleep. And when he wakes up, he feels refreshed, not groggy."

The director also pointed out that the product contains two key ingredients. The first one is lemon balm. This is believed to have calming effects by helping to reduce anxiety, nervousness and excitability. The second ingredient is passion flower, which is considered to have the capability to help induce drowsiness. Both ingredients are believed to be non-habit forming. To ensure that the product is all natural, no preservatives, binders or artificial ingredients have been added. Govivo also recommends the product for those who suffer from jetlag.

Those who have tried the supplement have been very positive about the results. "I have been having a problem staying asleep at night lately," says Rose W. on the product's Amazon.com page. "Unfortunately, worry has been winning the nighttime battle. Last night, I took one of these capsules with a full glass of water an hour before I went to bed. I went to sleep quickly and had no problem staying asleep. I woke up once in the night, but went right back to sleep with no effort. Eight hours later, I woke up with no grogginess or headache. These pills worked surprisingly well!"

Shake Rattle Showtime is a syndicated weekly radio program that features songs and sounds created during the early days of rock and roll. It started in September 2002 and it is produced in Buffalo, NY, by The MPG Radio Network. The show airs from coast to coast in the U.S. and Canada, and listeners check it out as one of the resources for health, wellness, and lifestyle for baby boomers.

Govivo is a family owned and operated business. It offers a wide variety of products that can be found on the Amazon marketplace. More about them and the list of products that they offer, can be seen on their official website.

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**Govivo**

*Govivo?s mission is simple ? make people?s lives healthier and happier by making wellness more attainable. We also want to help people make more balanced and sensible choices. Our product selection includes fitness accessories and all-natural supplements.*

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