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Fibro AMJ™ Day-Time/Night Time

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The Most Advanced Support for Fibromyalgia, Arthritis,

What is Fibro AMJ™ Day-Time Formula?

Fibro AMJ™ Day-Time Formula is the most scientifically advanced and complete formula ever developed in the fight against fibromyalgia and arthritis. This formula contains powerful metabolites and herbal extracts that help in tissue and joint repairs¹, energy production², and pain reduction.³

What is fibromyalgia?

Fibromyalgia (FM) is a syndrome characterized by widespread musculoskeletal pain and tenderness at specified sites, fatigue, and unrefreshing sleep.

Conditions found to be related to fibromyalgia include:

- ◆ muscle spasms
- ◆ Chronic Fatigue Immune Deficiency Syndrome (COS)
- ◆ major depressive disorder
- ◆ irritable bowel syndrome
- ◆ myofascial pain syndrome
- ◆ temporomandibular joint (TMJ) syndrome
- ◆ tension and migraine headaches
- ◆ muscle weakness

How does Fibro AMJ™ Day-Time Formula work?

Fibro AMJ™ Day-Time Formula is a 4Life proprietary supplement backed by the latest scientific research. This unique for-



mula contains a powerful blend of ingredients that are essential for proper muscle and joint health. Here are the some of the key ingredients in the Fibro AMJ™ Day-Time Formula, and a brief description of their function:

- ◆ **Magnesium** is involved with every major energy production and transport function in the body. Magnesium supplementation has shown beneficial impacts on fatigue and pain.⁴
- ◆ **Malic acid** is essential in the citric acid cycle (energy production cycle). As it passes through this cycle, it is converted into useable energy (ATP).⁵
- ◆ **Glucosamine and Bovine Cartilage** are used in the body to manufacture cartilage components necessary for joint and tissue repair.⁶
- ◆ **Methyl Sulfonyl Methane (MSM)** is an important source of dietary sulfur. Sulfur plays an integral part in the proper function of many proteins, hormones and other substances that are critical in keeping muscles and joints healthy.
- ◆ **Boswellia serrata** is a natural anti-inflammatory agent. It has been shown to reduce joint swelling, increase mobility, and decrease



morning stiffness.⁸

◆ **Vitamin B6** is an important co-factor in the production of several important neurotransmitters such as serotonin, gamma-aminobutyric acid (GABA), and dopamine.⁹

◆ **N-Acetyl cysteine and cysteine** play a critical role in the prevention of skeletal muscle wasting and fatigue conditions.^{10,11}

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What is Fibro AMJ™ Night-Time Formula?

Fibro AMJ™ Night-Time Formula is a revolutionary product that works in conjunction with the Fibro AMJ™ Day-Time Formula in the fight against fibromyalgia and arthritis. This product is specially formulated to help restore normal sleep patterns while supplying your body with important nutrients that aid in tissue health.

The ability to reach deep sleep is essential to health and wellness. Abnormal sleep patterns, or the inability to reach deep sleep (R.E.M.), is believed to be a major factor associated with fibromyalgia and other musculoskeletal conditions. Some of the common effects found in sleep deprivation studies include muscle pain, fatigue, and hormonal imbalances (i.e. Growth Hormone (GH) release).

Fibro AMJ™ Night-Time Formula contains a powerful blend of ingredients that helps you to relax, prepares you for a good night's sleep, and aids in muscle tissue repair. Below are some of the key ingredients in the Fibro AMJ™ Night-Time Formula, and a brief description of their function:

Melatonin is a hormone that assists

us in attaining deep levels of sleep. Melatonin regulates the sleep-wake cycle, helps increase sleep onset, and helps us attain a full nights sleep, and helps us reach deep sleep (REM sleep).¹

Griffonia simplicifolia (natural source of 5-hydroxytryptophan or 5-HIT) is a plant rich in 5HTP. 5HTP has been effective against many conditions of fibromyalgia, including reducing muscle pain, anxiety, and pain intensity. It also has shown to help induce sleep, improve sleep quality, and reduce fatigued.²

Pregnenolone is one of the critical neurosteroids that has the ability to modify EEG sleep in humans. This also suggests one of pregnenolone's potential benefits as a memory enhancer.³

St. John's Wort has proven effective in helping to calm the body and promoting positive mood and sleep patterns.⁴

Vitamin B6 is an important co-factor in the production of several important neurotransmitter such as serotonin, gamma-amino butyric acid (GABA), and dopamine.⁵

Creatine is a nutrient naturally found in our bodies. It is made from three amino acids (arginine, glycine, and methionine). Creatine is used in our muscles to create energy. Our ability to create energy (adenosine triphosphate or ATP) depends upon our creatine supply. Creatine helps restore energy in fatigued muscles.⁶

Kava kava is used for its natural calming effects. Kava helps you relax and allows for a good night's rest.⁷

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