

## **Nutrition Breakthroughs Announces New Reviews for Sleep Minerals II**

*Per the National Sleep Foundation, six out of ten Americans report having insomnia and sleep problems a few nights a week. Sleep Minerals II provides an effective natural sleep aid*

January 14, 2015 (FPRC) -- According to the National Sleep Foundation (NSF), almost six out of ten Americans report having insomnia and sleep problems at least a few nights a week. Insomnia is defined as "An inability to fall asleep or remain asleep long enough to feel rested, especially when the problem continues over time." In an effort to combat this, as many as 25 percent of the people in the United States use medications to help them sleep.

Most sleeping pills can have multiple side effects, staying in the bloodstream and giving a hangover effect the next day and beyond. They tend to be addictive, can increase the risk of car and work accidents and may impair one's memory and performance on the job and at home.

Sleep Minerals II is the original drug-free calcium and magnesium based natural sleep aid. The minerals are uniquely formulated in a softgel with natural oils, making them highly absorbable. The product soothes insomnia and helps everyone from older adults, to teenagers, to women with menopause symptoms, to get a good night's sleep. It also calms restless leg syndrome.

James F. Balch, M.D., author of "Prescription for Nutritional Healing," writes: "A lack of the nutrients calcium and magnesium will cause you to wake up after a few hours and not be able to return to sleep."

Alex R. of Ramseur, North Carolina shares his review and says: "Sleep Minerals II has been a blessing for me. It has given me the opportunity to withdraw from a highly addictive sleep medication over time, and has allowed me to sleep while going through this most difficult ordeal. What's great about it is it doesn't lose its effectiveness, which is something that happens with medications. I am most thankful for this product."

Chris M. of the United Kingdom says: "I take one softgel of Sleep Minerals II before bed every night and within 20 minutes I am asleep. The difference in the quality of my sleep and the ease with which I get to sleep using this product is monumental. I have stopped obsessing about sleep or dreading bedtime -- I just take a softgel and drift off. If I stop taking them, within a week my sleep starts to lighten in quality, the amount of my sleep diminishes, and my old insomniac patterns reappear."

Richard P. of Parkville, Maryland says: "The Sleep Minerals are making quite a difference. I was regularly waking at around 3:00 a.m. and after a few days use my sleep improved quite a lot. I wake once a night to go to the bathroom, but the great thing is; I then fall back asleep and sleep several more hours. This has been a great improvement."

Sadie D. from The Netherlands says: "I am ever so grateful that I discovered Sleep Minerals II after suffering with premenopause and now the real menopause insomnia. I felt like I was slowly losing

my mind due to the continual lack of sleep. I can't express the relief of getting a good night's sleep and being able to function properly."

Jill C. of Ellensburg, Washington says: "My husband has been struggling with restless leg syndrome (RLS) his whole life. Coming back from a deployment in Iraq five years ago made his RLS become magnificently worse, creating nightly insomnia. He couldn't sleep more than three to five hours unless taking an addictive prescribed narcotic, which he became tolerant to and the insomnia came back with no answers. Now he's been taking Sleep Minerals II for a week and every night has had a great night's sleep. We are thrilled."

Darleen T. of La Mesa, California says: "I purchased Sleep Minerals for my teenage daughter. When she started on the minerals she hadn't been sleeping well for the past couple of years. She was run down and feeling beyond her years... exhausted. She is only 18. Once she started on Sleep Minerals she actually became tired at night, which is new. She can fall into a restful sleep by 10:30 p.m. and sleep all night. This product is a heaven send and has given her a life back."

Tammy M. of Meridian, Idaho says: "I was plagued with insomnia for five years and desperate for a breakthrough. Nothing has helped me more than the Sleep Minerals -- I'm so sold on them I could go door to door promoting them. I'm 60 years old and have never slept so soundly. Thank you for making sleep a reality for so many people."

Since 2001 Nutrition Breakthroughs has provided natural health articles and effective natural remedies. Their mission is to provide nutritional supplements that get results and help people to avoid drugs and their side effects.

For more information on Sleep Minerals II, visit [www.NutritionBreakthroughs.com](http://www.NutritionBreakthroughs.com)

### **Contact Information**

For more information contact Jobee Knight of Nutrition Breakthroughs  
(<http://www.NutritionBreakthroughs.com>)  
1-818-913-4308

### **Keywords**

[natural sleep aid](#)  
[menopause insomnia](#)  
[restless leg syndrome](#)

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