



Shopping List for Sleep Protocol

Biopure items

- **Liposomal melatonin** <https://biopureus.com/product/liposomal-melatonin-phospholipid/>

doTERRA items

- First go to my.doterra.com/scottcunningham21
 - **Lavender essential oil** – Item number **30110001**, 15mL
 - **Serenity Restful Complex Softgels** – Item number **34390001**, 60 softgels

Apex items (call office @ 303.770.0524 to order for drop-shipping)

- **Adrenacalm**
- **Oxicell**

Miscellaneous

- **Deep Sleep tincture alcohol free** https://www.pharmaca.com/herbs-etc-deep-sleep-2oz?gclid=CjwKCAjwvJvpBRAtEiwAjLuRPVQ62_YLH6dF7cKxRnm-_0yfBhe3RN4c42PpaSVdkXkH8A3sCIUYDBoC2mcQAvD_BwE
- **California Poppy extract** https://www.swansonvitamins.com/herb-pharm-california-poppy-1-fl-oz-liquid?SourceCode=INTL4071&DFA=1&UTM_Medium=Shopping&UTM_Source=GOOGLE&UTM_Campaign=SWAN_National_Gen_Shopping_Null_Null_All+Products+4055-01+Sleep&UTM_Content=PRODUCT_GROUP&SourceCode=INTL4071&ds_rl=1262629&ds_rl=1263854&ds_rl=1262629&gclid=CjwKCAjwvJvpBRAtEiwAjLuRPeLHIJTeRwJuWRTk73bYBvU-V-QFm4dxliEIWn8BuTN3pZox7rZwjhoCA6UQAvD_BwE
- **Blue light filter for devices** <https://justgetflux.com/>
- **Blue blocking glasses** <https://www.biohackerslab.com/reviews/blue-light-blocking-glasses/>



Great Health 365

Simple Solutions For Complex Health Conditions

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- **GoDark Faraday bag** <https://godarkbags.com/>