



Lemon, Lime and Mint Summer Evening Cooler

Ingredients

- > 200ml water or sparkling mineral water
- > Handful of ice cubes
- > 1 scoop Tri-Mag Restful Night Lemon Lemonade powder
- > Fresh lime juice to taste
- > Fresh lemon juice to taste
- > 3-4 fresh mint leaves

Method:

- > Mix the Tri-Mag Restful Night Lemon Lemonade powder and water in a large glass
- > Add the mint leaves, lemon and lime juice and mix well
- > Add the ice, give it one last mix and enjoy!



Practitioner-only, science-based nutritional formulas

Australia's newest, fastest-growing practitioner brand, built on 30 years of research and clinical experience from the US - all made right here, in Australia.

At Designs for Health, we are committed to delivering high-quality practitioner only nutritional and herbal supplements.

Our guiding philosophy, 'Science First,' is demonstrated by an unwavering commitment to research-driven products and meaningful quantities of therapeutic ingredients. These fundamental standards also serve to define our promise to healthcare practitioners and their patients.

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Your Answer to a Great Night's Sleep



Sleep Well with Tri-Mag Restful Night





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Tri-Mag Restful Night is a blend of 3 specific Magnesium types carefully selected for their calming and sedating properties combined with the calming botanical extracts of *Crocus sativus* (Saffron), *Passiflora incarnata* (Passionflower) and *Eschscholzia californica* (California poppy).

Benefits You Can Expect:

-  A deep and refreshing sleep.
-  Support for muscle relaxation and nervous system health.
-  An improvement in sleep quality and support for emotional wellbeing brought about by Saffron.
-  The herbs Passionflower and California Poppy have been used traditionally in Western Herbal medicine to relieve sleeplessness.

Serving Suggestions:



Chocolate Flavour

Add the recommended dose to water or your favourite milk. You can warm the milk for a cosy “hot chocolate” before bed and add some extra organic cacao or a sprinkling of cinnamon for some added flavour.



Lemon Lemonade Flavour

Add the recommended dose to warm or cold water. You might also like to add a drop of honey, some ginger or some mint for a delicious evening drink.



Restful Recipes

Chai Hot Choc

Ingredients:

- > 1 scoop Designs for Health Tri-Mag Restful Night Chocolate powder
- > 200ml of your favourite milk (dairy, oat, soy, almond etc)
- > A pinch each of ground cinnamon, ginger, and nutmeg (or to your taste)

Method:

- > Gently warm 200ml of your favourite milk
- > Add to a large mug with the Tri-Mag Restful Night Chocolate powder and spices
- > Sprinkle some extra cinnamon over the top
- > Stir and enjoy



Warming Lemon and Ginger Tea

Ingredients:

- > 200ml of water
- > 1 scoop of Tri-Mag Restful Night Lemon Lemonade flavour
- > 2cm piece of fresh ginger or pinch of ground ginger
- > Fresh lemon juice to taste

Method:

- > Add to a large mug, 1 serve of Tri-Mag Restful Night Lemon lemonade
- > Add ginger
- > Fill mug with 200ml of hot water
- > Add the fresh lemon juice
- > Stir and enjoy