

Feel Blue?
Trouble Sleeping?



Feel Positive, Sleep Well*

Reconnect to Feel Positive and Sleep Well

Feeling blue? Having occasional sleeplessness? If so, you're not alone.

An estimated 20.9 million people may report feeling down at a given time. Moreover, almost everyone has occasional sleeplessness at some point in their lives.

Don't be a statistic!

According to new research, specific nutrients may beneficially influence the function of neurotransmitters and stress hormones associated with feeling positive and sleeping well.

That's why Metagenics created Symphora & Benesom...

Feeling blue: Symphora provides DHEA, vitamin D, and readily absorbable folate and vitamin B₁₂ in a formula designed to promote a positive mood and mental well-being.♦

Trouble sleeping: Benesom features melatonin, casein tryptic hydrolysate, and passionflower extract in a formula designed to promote restful, quality sleep.♦

Symphora™ & Benesom™

Natural Approaches to Feeling Well♦

Ask us today!



Art created by: Craig Zuckerman

♦ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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