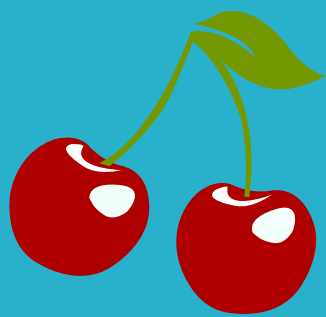
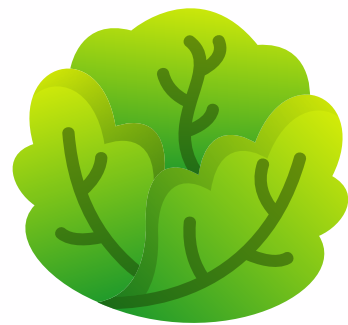


5 NUTRIENTS THAT HELP YOU SLEEP BETTER

Magnesium

Found in nuts, seeds, and leafy greens, it promotes muscle relaxation and calmness

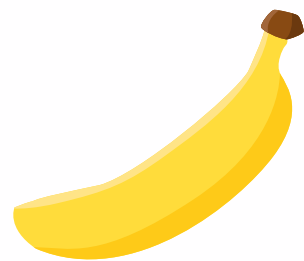


Melatonin

Found in cherries, grapes, and tomatoes, it regulates sleep-wake cycles

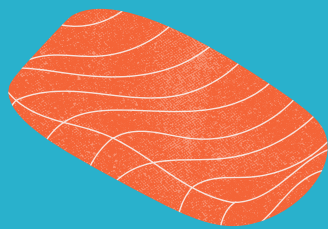
Tryptophan

Found in turkey, dairy, and bananas, it converts to serotonin and melatonin



Omega-3 Fatty Acids

Found in salmon, walnuts, and flaxseeds, it reduces inflammation and supports brain health.



Calcium

Found in dairy products, leafy greens, and fortified foods, it supports the production of melatonin



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