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## FAQ's

### **Dreamerz Basics**

#### **How does Dreamerz work?**

Dreamerz combines the sleep-inducing properties of several all natural ingredients with two safe ingredients scientifically proven to promote relaxation and sleep.

#### **When should I prepare Dreamerz?**

For all products, enjoy Dreamerz within one hour of bedtime.

#### **How often should I use Dreamerz?**

Because Dreamerz is formulated to help manage stress and promote a regular sleep cycle, effectiveness will improve with regular use. We suggest using Dreamerz for 10 consecutive day for optimal results. Once you have experienced the best efficacy for you, Dreamerz is safe to use, night after night!

#### **Is Dreamerz a natural product?**

Yes, Dreamerz is an all-natural product and contains no preservatives, artificial flavors or additives.

### **Dreamerz Science and Healthy Sleep**

#### **Are there clinical studies on Dreamerz?**

Dreamerz has completed an independent in-home use test for each of our products with approximately 100 people per study. Each study was conducted under medical supervision for 10 days and includes self-reported pre-use and post-use data. Results from the study showed that Dreamerz significantly improved sleep among users:

- 7 out of 10 people agreed their sleep quality improved while using Dreamerz.
- In 75% of participants, the length of time it took them to fall asleep was reduced
- Improvement was noted across other sleep metrics, such as awakened refreshed and number of times woken during the night
- No significant side effects were discovered
- An independent medical review confirmed results as significant and positive

Clinical studies have been conducted on melatonin, Lactium and GABA showing efficacy for all the ingredients.

#### **Can I consume more than one serving of Dreamerz?**

Dreamerz is specifically formulated to contain the right amount of ingredients to promote sleep and relaxation in one serving (a serving consists of one 8oz cup of dairy, one 10g chocolate pillow or one 7.8g packet of our fruit flavored mix). We recommend consuming an entire serving to ensure a good night's sleep. Although it is safe to have more than one serving of Dreamerz per night, we recommend taking only one serving to help regulate sleep and maintain a balanced diet.

*As with any supplement, we recommend consulting a physician or medical professional prior to use.*

#### **How long does the Dreamerz effect last? What if I want to sleep for six hours, or 12 hours?**

We recommend that you allow for a full night's sleep, which for most adults, is about 8 hours. However, Dreamerz should not prevent you from waking up earlier if necessary.

When you are getting the sleep your body needs, it should take about 15-20 minutes to fall asleep at night and you should be able to wake up easily in the morning. If you have not been sleeping well, do not be surprised if your body wants more than 8 hours a night when you first return to a healthy sleep pattern.

#### **Does Dreamerz have side effects?**

Dreamerz does not have any negative after-effects - such as grogginess, headaches or lack of mental clarity - following a night's rest. It is formulated to help regulate your body's sleep cycle and to promote relaxation.

Dreamerz provides a safe way to get a restful night's sleep without worrying about after-effects like morning grogginess. In fact, independent research conducted with approximately 100 people showed no significant after-effects when using Dreamerz.

### **Is Dreamerz addictive?**

No, Dreamerz provides a safe way to get a restful night's sleep without worrying about addiction or after-effects.

As part of maintaining healthy sleep habits, we recommend creating a regular bedtime ritual to help you relax and wind down before bed. We hope Dreamerz will be a divine and indulgent addition to your nightly routine.

### **Will Dreamerz interact with other drugs or medical conditions?**

The ingredients in Dreamerz have reported minimal interactions with other medical conditions, however, as with any supplement, we recommend consulting with a physician or medical professional prior to use.

### **Does Dreamerz have different effects on different people? Should people of different sizes adjust the serving?**

Unlike other supplements, Dreamerz contains a low dose (0.3 mg) of melatonin that mimics the body's natural level at bedtime, so Dreamerz is safe for people of all sizes. If you are concerned, we suggest trying a lower dosage and then increasing over time as you are comfortable.

*As with any supplement, we recommend you consult with a physician or medical professional prior to use.*

### **I'm a chronic insomniac, will Dreamerz work?**

If you are suffering from severe sleeping issues, we recommend seeking advice from a physician or medical professional.

### **Directions and Usage for Dreamerz**

#### **Who should have Dreamerz?**

Anyone looking for a safe and enjoyable way to get a restful night's sleep without unpleasant after-effects will enjoy Dreamerz. It can also be helpful for those suffering from occasional insomnia due to everyday stress, issues related to aging or issues related to shift work or jet lag. Dreamerz is not intended for use by pregnant or lactating women or children under the age of 18.

*As with any supplement, we recommend you consult with your physician if you have specific concerns about whether or not you should use Dreamerz.*

#### **How should I prepare Dreamerz?**

*Dairy:* Within one hour of bedtime, enjoy a 1 cup serving (8 fluid ounces) of Dreamerz all-natural sleep beverage, hot or cold. *Microwave:* Do NOT microwave the package. In a microwave safe mug, heat for about 1 minute or until warm.

*Chocolate Pillows:* Take one piece within one hour of bedtime or can be taken if awakened during the night to fall back asleep. Recommended use is one piece per day.

*Fruit-Flavored Mix:* Within one hour of bedtime, pour dry mix into a glass, add 4-6oz of water and stir until mix is dissolved. Enjoy hot or cold. *Microwave:* Pour dry mix into microwave safe mug, add 4-6oz of water and stir until dry mix is completely dissolved. Microwave on HIGH for 1-2 minutes or until hot.

#### **Does Dreamerz need to be refrigerated?**

For our Dairy product, Dreamerz is processed at ultra-high temperatures for longer shelf-life. It can be stored unrefrigerated, but should be refrigerated after it is opened and consumed within 10-14 days of opening.

For our chocolate and fruit-flavored mix products, refrigeration is not required.

#### **How safe is it to consume Dreamerz and drive?**

Driving or operating heavy machinery is not recommended following the use of Dreamerz. Dreamerz is safe to use any time of day or evening that is considered "bedtime." Dreamerz should begin to help you relax as early as a few minutes after consuming, so make sure you are in a comfortable place that allows you to rest.

#### **Is Dreamerz safe to give to children?**

Dreamerz is not intended for use by children under the age of 18. As with any supplement, we recommend consulting your child's pediatrician prior to use.

### **Should I use Dreamerz if I am pregnant or breastfeeding?**

Dreamerz is not intended for use by pregnant or breastfeeding women. As with any supplement, we recommend consulting a physician or medical professional prior to use.

### **Is Dreamerz safe to use any time of day, such as after a graveyard shift?**

Yes. Dreamerz is safe to use any time of day or evening that is considered “bedtime.” The melatonin will help cue your body for sleep and the Lactium or GABA will help you to relax - preparing you for a good night’s rest, regardless of the time of day or night. For more tips on healthy sleep, please visit us at [dreamerz.com](http://dreamerz.com).

### **How can I safely and effectively use Dreamerz while I am traveling?**

Dreamerz should be taken within one hour of your desired bedtime. The melatonin will help cue your body for sleep and the Lactium or GABA will help you to relax - preparing you for a good night’s rest regardless of your time zone. For more tips on managing jet lag, please visit us at [dreamerz.com](http://dreamerz.com).

### **If I only consume half of a serving, what happens?**

Dreamerz is specifically formulated to contain the right amount of ingredients to promote sleep and relaxation in one serving (a serving consists of one 8oz cup of dairy, one 10g chocolate pillow or one 7.8g packet of our fruit flavored mix). We recommend consuming an entire serving to ensure a good night’s sleep.

### **Can I still drink Dreamerz if I have consumed alcohol earlier in the evening?**

It is not recommended to drink alcohol before bedtime. While alcohol may make you feel drowsy at first, the sugars in the alcoholic beverages may cause awakening a few hours after falling asleep, resulting in disrupted and poor sleep quality. Dreamerz should not interact with moderate consumption of alcohol.

## **Ingredients / Supplement Facts**

### **What is melatonin? How can I trust that melatonin is safe?**

A. Melatonin is a natural hormone made by the body’s pineal gland and is released when darkness occurs. As melatonin levels rise in the body, and over the course of the next 12 hours, you begin to feel less alert. As a person ages, the amount of melatonin released in the body decreases, which is related to sleep disturbances.\*

Dreamerz contains a patented low dose of melatonin (0.3 mg), which is in line with your body’s natural physiologically produced level. Research has shown this low dose is paradoxically more effective than the higher doses (1-5 mg) found in most supplements. In fact, in a series of over 10 studies, scientists at the Massachusetts Institute of Technology (MIT) have shown that small doses (0.3 mg) of melatonin raise blood melatonin levels to normal nighttime levels and can help people fall asleep and improve sleep quality through the night.

Melatonin-containing products are allowed to be sold in the United States as a dietary supplement. FDA approval is not required.

### **What is Lactium®? How can I trust that Lactium is safe?**

A. Lactium is a protein derived from milk casein. Based on the insight that babies relax after nursing, Ingredia, a French dairy company, was able to isolate the protein that causes this effect in dairy milk. Eight clinical studies prove that Lactium is effective in reducing stress and promoting relaxation without significant side effects or other medical interactions. Lactium is GRAS (Generally Regarded as Safe) affirmed, meaning it is safe for use in beverages. It does not contain lactose. An 8 fl. oz. serving of Dreamerz dairy beverage contains the recommended 150 mg amount of Lactium.\*

For more information regarding Lactium, please visit [www.lactiumus.com](http://www.lactiumus.com).

### **What is GABA? How can I trust that GABA is safe?**

GABA is a naturally occurring amino acid found in everyday foods like red peppers and chocolates. GABA is also naturally present in people’s central nervous system to balance our body’s anxiety. Dreamerz uses PharmaGABA™, a clinically proven form of GABA that aids in relaxation and stress reduction.

In over four clinical studies to date, PharmaGABA has been shown to increase alpha brain waves (those that help with relaxation, stress reduction and improved concentration) and decrease beta waves (exhibited in highly stressful situations and difficulty in mental concentration). These studies conclusively show evidence to reflect a status of extreme relaxation and a reduction in anxiety. Dreamerz chocolates and fruit-flavored mix contain the recommended 80 mg amount.

### **What sweeteners are used in Dreamerz?**

All Dreamerz sweeteners are natural. Sweeteners include: organic crystallized (or evaporated) cane juice and erythritol (dairy only), a sweetener that naturally occurs in pears and melons.

### **What is stevia?**

Stevia is a dietary supplement that is naturally extracted from the stevia plant leaf.

### **Does Dreamerz contain lactose? Can I drink Dreamerz if I am lactose-intolerant?**

*Diary:* Our dairy product is made with reduced fat (2%) milk, which naturally contains lactose. With the use of the proper digestive aids, such as Dairy Ease, Dreamerz can be enjoyed by those with lactose-intolerance.

*Chocolate Pillows:* Our chocolate pillow product is made with premium Guittard® chocolate which contains small amounts of cocoa butter and milk fat.

*Fruit-flavored mix:* Our fruit-flavored mix contains no dairy and is lactose free.

### **Does Dreamerz contain caffeine?**

Dreamerz chocolate flavors include a minimal amount of naturally occurring caffeine due to their cocoa content, however, it is much lower than the caffeine found in beverages like tea or coffee and will not impact sleep.

#### *Diary products*

- *Chocolate S'nores* contains 4mg of caffeine per 8 fl oz serving
  - *Crème de la REM* contains 5mg of caffeine per 8 fl oz serving
  - *Vanilla Van Winkle* does not contain caffeine
- For comparison, an 8 fl oz cup of regular brewed coffee has 95mg of caffeine, about 20 times the amount of caffeine found in our dairy product.

#### *Chocolate pillows*

- Milk Chocolate contains 2mg of caffeine per 10g piece.
  - Dark Chocolate contains 7mg of caffeine per 10g piece.
- For comparison, an 8 fl oz cup of *decaf* brewed coffee has 8-13 mg of caffeine, about 2-3 times the amount of caffeine found in our chocolates.

#### *Fruit-flavored mix*

- All of our fruit-flavored mixes are naturally caffeine free.

### **Does Dreamerz contain any gluten, wheat, rye or barley?**

Based on the raw material specifications from our suppliers, there is no wheat, rye, barley or gluten in any of the Dreamerz flavors.

### **Is Dreamerz Kosher?**

At this time, Dreamerz does not have Kosher certification.

### **I've heard that Dietary Supplements aren't regulated by the FDA. How do I know Dreamerz contains the ingredients you claim?**

Dietary supplements are regulated by the FDA under the Dietary Supplement Healthy and Education Act (DSHEA). According to this law, dietary supplement manufacturers are subject to requirements to assure good manufacturing practices and strict labeling requirements.

At Dreamerz Foods, product quality and efficacy are critical. We retain an independent research lab to test our products after each production run in order to guarantee that the potency and dosage of our ingredients is consistent with what we promise you.