



TRAVEL WELLNESS SPRAYS USER GUIDE

Combine your favorite sprays in a Lifestyle Kit to meet your travel needs.

B12 ENERGY SPRAY | On the go energy when you need it.

- Be prepared for energy crashes, spray anytime to keep you going.
- May be used multiple times daily.
- Supports a healthy **sleep**.
- Helps **curb carb cravings** due to fatigue.
- Use **post party** to help prevent hangover and support sleep.

Active Ingredient: 500 mcg B12 in active form- Methylcobalamin

IMMUNE SPRAY | Creates a protective barrier from germs and viruses.

- Begin using at least 7 days prior to travel to start building up your immune system.
- Use when travel in **highly populated areas**; Airports, cruise ships, train stations, etc.
- **Upon return** for at least 7 days.
- Use multiple times daily at **onset of symptoms** to prevent illness or shorten duration.

Active Ingredients: Vit D, Zinc, Lysine, Vit C

SLEEP SPRAY | Prevent or combat jet lag.

- **On the plane** to support hours of sleep, to adjust to a new time zone.
- **At your destination** to help you relax, unwind and fall into a deep sleep.
- **7 days prior** to travel to condition your body to a deep restful sleep.
- **Upon return**, to assist your body in returning to your former time zone.

Active Ingredients: Melatonin, 5 HTP, L-Theanine. Proprietary relaxation formula: Valerian Root, Cramp Bark, Ginkgo Biloba, Skullcap, Feverfew, Passionflower

STRESS SPRAY | Calming blend of B vitamins and herbs.

- Use for instant relief of **flying anxiety, workload stress** or general travel.
- May be used multiple times daily.
- Use to **relieve brain fog** for important business meetings.

Active Ingredients: Thiamine, B6, B12 and proven relaxation herbs: cramp bark, Echinacea purpurea, feverfew, ginkgo, passionflower, rose hips, skullcap, valerian, white willow

Have Questions? Contact Us.

spectraspray.com

