

# ARRIVAL AT NIGHTTIME



HOW TO TAKE ON  
**TRAVEL FATIGUE**  
AND ARRIVE  
**RESTED & ENERGIZED**

# WHY & HOW

Mix each sachet with 500 ml of water. Mix thoroughly.

All mixes need a minute to properly dissolve before drinking.

## STEP ONE

### BEFORE TAKE-OFF

### PREP



#### PREP

Drink in the airport, at the gate or when comfortably seated in the plane.



Did you that the average passenger lose 2 liters of body-fluid on a 10-hour flight? Drinking water to combat dehydration is great, but without the essential vitamins and minerals, you'll likely be spending most of the flight running to the airplane toilet.

Addresses the need for hydration and boosts your body with essential vitamins and minerals

## STEP TWO

### MID-FLIGHT OR POST-NAP

### WAKE



#### WAKE

Drink this mix mid-flight or after your nap.



As your body loses water, your cognitive functions and your ability to concentrate "evaporates" with that water. This is why WAKE includes adaptogens, that works as a brain stimulant, combined with essential vitamins, minerals and protein to increase blood flow and oxygen to your brain while staying hydrated.

## STEP THREE

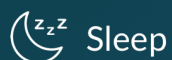
### BEFORE BEDTIME AT YOUR DESTINATION

### REST



#### REST

Drink after your first meal or when you want to wind down and relax for a few hours.



After a long flight in a harsh environment, your mind and body need quality rest to recover and regenerate for the days to come. WAKE creates optimal conditions for quality sleep by combining stress-reducing adaptogens and natural melatonin.