



AEMIS™

# RELAZZ

Sleep Enhancement  
Beverage



*Ease Your Mind With A Relaxing Night*

# LIFE FULL OF SLEEP DEBT LEAD TO SLEEP DEPRIVATION? NOOO!

**Sleeping less has unfortunately become the most typical part of our lifestyle today as we are living in a fast-paced and digital world.**

While advanced technology improves our daily lives, excess usage of it before bedtime can ruin our good night's sleep.

Not to mention, work-related stress can also affect our sleep by prolonging the amount of time taken for one to fall asleep.



Affects latency and quality of sleep & attentiveness



Blue lights emit from digital screens & over stress

Though our sleep choices and patterns can fluctuate from day to day, an ongoing lack of sleep can result in a condition called **sleep deprivation!**

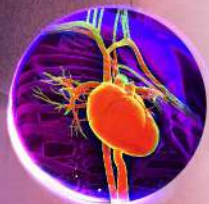


Disrupts melatonin production



Overstimulates the brain

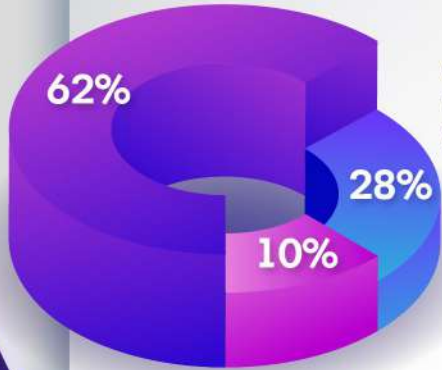
# POOR SLEEP QUALITY = CHRONIC SUICIDE



**According to the Journal of the American Heart Association**, people with chronic diseases are more likely to die early if they sleep less than 6 hours at night.

Staying up at night is the norm for modern people, however, it will seriously affect your life in the long run! In recent years, it has been discovered that lack of sleep in the long term may **easily lead to diseases such as obesity, diabetes, hypertension, and cardiovascular diseases.**

Hence, insufficient amount of sleep and sleeping late at night for a long-term is like **chronic suicide!**

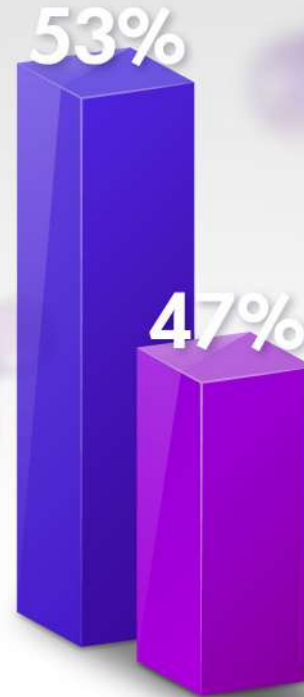


Global study of adults who feel they don't get enough sleep

- Agree
- Neither agree nor disagree
- Disagree

*62% of Adults in the World*  
**CAN'T SLEEP WELL!**

According to research done globally in 2019, roughly 62% adults worldwide feel that they don't get a good quality of sleep at night.



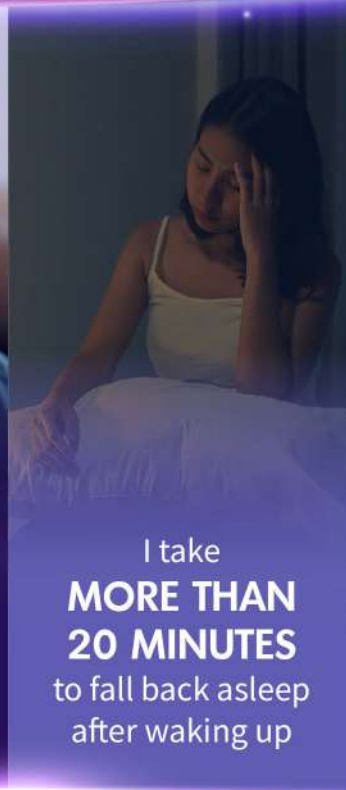
Study of adults that are satisfied with their sleep in Asia Pacific countries

- Satisfied
- Dissatisfied

*Nearly half of people in the Asia-Pacific*  
**CAN'T SLEEP WELL!**

Based on research in 2020, almost half (47%) of adults in Asia Pacific countries are feeling dissatisfied with their sleep.

# DID YOU SLEEP WELL? *Find out now!*



If you experience more than 3 from any of the signs above,  
**unfortunately, you are having poor sleep quality!**

# POOR SLEEP QUALITY

## is the beginning of a dreadful life!

Poor sleep quality is not only affected by poor sleeping habits but also by **stress and anxiety!** Excess distress and fear will make it harder for one to fall asleep and even stay asleep through the night. In the long run, sleep deprivation can:

- Worsen anxiety
- Stimulate a negative cycle involving insomnia and anxiety disorders

**According to numerous studies worldwide,** it is stated that the prevalence of insomnia in a population is around 10% to 30% while some could even go as high as 60%!

Everyone deserves good sleep quality as it is a necessity and not a luxury!

**Poor sleep quality will make your life chaotic!**

### Teenagers with insomnia



#### Decline in brain function

Unresponsive, memory problems, impacts academic performance

#### Rapid ageing

Bad skin condition, yellowish and rough skin

### Women with insomnia



### Men with insomnia



#### Lack of focus

Poor judgement, bad temper, loss of motivation in work

#### Worsen health condition

Weak body condition, depression, loss of interest towards life

### Elderlies with insomnia



# Rescue Yourself FROM INSOMNIA WITH RELAZZ

**RELAZZ is the finest complement in aiding you to get the perfect deep sleep.**

Snooze off peacefully without any disturbances at night, rest relaxed knowing that it is a product well-designed and backed by over 300 research papers.



Improve  
sleep quality



Boost mood



Reduce conditions  
that affect sleep,  
such as anxiety,  
stress and night sweats



Relieve mental  
fatigue or  
restlessness



Increase wakefulness  
and alertness  
upon waking up

Imported from one of the best healthcare countries with a full dedication in research for 15 years, **Lactium® Milk Protein Hydrolysate** is a French branded ingredient that is 100% natural and possesses

relaxing properties which is good for de-stressing.

Combined with **Japanese-patented Fermented Rice Germ Extract, Sour Date Seed Extract, Hops Extract and L-theanine,**

**RELAZZ can help promote relaxation and improve your sleep quality for a better life and future!**

For those who are worried about developing dependence on sleep products, **AEMIS RELAZZ** is proven to effectively increase deep sleep without its users developing dependency. You are now one step ahead in getting better, calmer sleep with your mind in peace.

# WONDROUS COMBINATIONS

*from Countries with the Best Healthcare  
France & Japan*



**Lactium®**  
Milk Protein Hydrolysate



Fermented  
Rice Germ Extract





## LACTIUM® MILK PROTEIN HYDROLYSATE

- Branded natural **ingredients from France**.
- Milk protein hydrolysate contains a bioactive peptide with relaxing properties.
- Active ingredient in **milk protein hydrolysate can increase the activity of GABA, a neurotransmitter that is well-known for its relaxing effects** due to its inhibitory actions on anxiety.
- The source of the milk is collected only at night from the best dominant breed of cow, Holstein Friesian, as it contains high amounts of melatonin.
- Suitable for people with lactose intolerance, with no dependency when consuming.
- Won a Bronze medal at HIE (Health Ingredients Europe) in 2004 for “Best Innovation in Health Ingredients” & 2020 Ringier Technology Award for Food & Beverage.

### HEALTH BENEFITS OF LACTIUM®

*Authorised by the USFDA*

Helps **reduce stress**  
related symptoms

Helps you  
**sleep longer** due to  
stress reduction

Lactium

FDA

# THE 100% NATURAL SOLUTION

The concentration of the active peptide within the hydrolysate is controlled using a **High Performance Liquid Chromatography analysis** to guarantee the quality and homogeneity of Lactium®.

**Recognised and certified** as GRAS, NDI, Non-GMO, and Kosher by the United States Food and Drug Administration (FDA).

Efficacy recognised by authorities such as the Korea Food & Drug Administration (KFDA) and Therapeutic Goods Administration from the Australian government.



# Natural Ingredients for Better Sleep

## FERMENTED RICE GERM EXTRACT

### No. 1 Calming Ingredient

- From the **best quality of seed coats of rice bran and rice germ, *Oryza Sativa* Linne** originated from a country in East Asia, Japan.
- Processed naturally through **patented enzyme activation technology**.
- Acts as a neurotransmitter on the brain that activates the blood flow and increases the oxygen supply to enhance metabolic function of brain cells.

Reduce the symptoms of **insomnia** and depression

Helps in keeping the balance of the transmitters for **stable mental health**

**HEALTH BENEFITS OF**  
*Fermented Rice Germ Extract*

Helps to **prevent hypertension**

Support the **functioning of our nervous system**



1

**Refinement** of the unpolished rice is followed by refinement of the resulting rice bran.

2

Free fatty acids are **removed** through a low temperature extracting method.

3

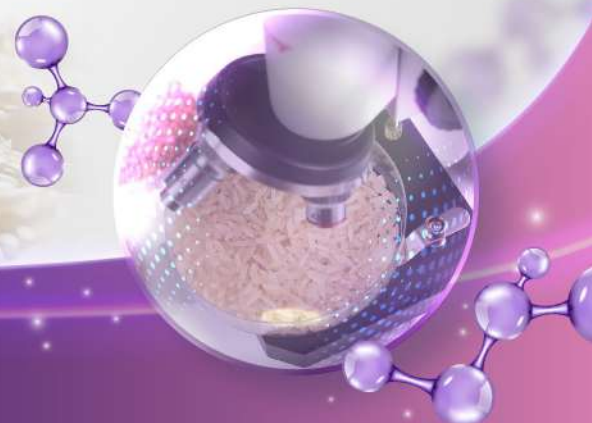
**Patented** production method activates the enzyme inherent in the germ.

4

GABA-enriched rice germ is treated with **water extraction**, concentrated and spray dried.

## 4 Steps of **ADVANCED MANUFACTURING PROCESS**

This **high quality fermented rice germ extract** is produced through a water extraction process under a sterile environment.



# Natural Ingredients for Better Sleep

## SOUR DATE SEED EXTRACT

### *Sedative Herb*

- One of the most popular herbs in traditional **Chinese medicine that contains sedative and hypnotic effects.**
- Its function is recorded in the Chinese pharmacopoeia via The Divine Farmer's Materia Medica Classic (Shen Nong Ben Cao Jing) around 300 BC.
- **Used to nourish the liver and heart** that controls and affects our bodies' sleep cycle.
- Helps with conditions that can affect sleep such as anxiety, overworked mind, restlessness and night sweats.



# Natural Ingredients for Better Sleep

## HOPS EXTRACT

### *Best Stress Reliever*

- Used for medicinal purposes that dates back as early as 736 BC by German monks.
- One of the first applications of Hops was **to treat insomnia, stress and anxiety** with its mild sedative effects.
- In traditional medicine, the dried flowers were recommended for the **treatment of sleep disturbances and restlessness**.
- The main active ingredients, humulone and lupulone are responsible for the marked sedative effects.

An Ideal Ingredient for Deep Sleep

# CORN EXTRACT

## *L-Theanine*

- A naturally-occurring amino acid that is similar to glutamate, which helps transmit nerve impulses in the brain.
- Various studies have shown that L-theanine could help people relax before bedtime and **fall asleep more easily with better sleep quality.**
- It is also found that L-theanine contributes to helping people feel relaxed by reducing their resting heart rate.
- L-theanine also **helps to boost your mental focus.**



# RELAZZ is specially designed for

People with  
**sleep disorders.**

People with  
**difficulty  
falling asleep.**

People who always  
**feel exhausted  
and unrested** in  
the morning.

**Stressful** and  
working  
adults.

## Direction of use

Take 1 sachet an hour before bedtime.  
Shake well before consumption.  
Consume all after opening the sachet.

