

NIMERA NIGHT SLEEP DRINK POWDER

specifically formulated to support improved sleep in adults and children

α -lactalbumin supporting improved sleep

The effects of increasing the consumption of tryptophan rich foods, such as α -lactalbumin, have been studied over the past 20 years or more. The link between a higher level of plasma tryptophan and the higher level of serotonin in the body, have led to evidence of improved mood and well-being, including less anxiety, better cognitive ability and improved sleep.

Austral Foods have taken on the findings in the development of the NiMera Night Sleep Drink Powder for adults and children. NiMera Night Sleep Drink Powder with α -lactalbumin a natural protein that is rich in tryptophan has been developed to provide:

- ✓ improved mood and well-being
- ✓ less anxiety
- ✓ better cognitive ability
- ✓ improved sleep.



A specially formulated night sleep drink powder rich in alpha-lactalbumin to support improved sleep in adults and children.

- Rich in α -lactalbumin to support better sleep at night
- Low in fat and a good source of protein

Rich in **alpha lactalbumin** - α -lactalbumin a protein that is rich in tryptophan.

Tryptophan is one of the most limited amino acids in food proteins and supports better sleep at night.

Using NiMera Night Sleep Drink Powder can enhance your sleep efficiency and support better sleep at night. Better sleep can improve the quality and the length of your life. Benefits of better sleep include:

- ✓ Sleep helps to repair your body
- ✓ Sleep helps keep your heart healthy
- ✓ Sleep reduces the occurrence of mood disorders
- ✓ Sleep reduces stress
- ✓ Sleep improves your memory.

NiMera Night Sleep Drink Powder is low in fat and a good source of protein. Use our NiMera Night Sleep Powder for adults and children to support overall wellbeing and provide better sleep at night.

NiMera Night Sleep Drink Powder has been specially developed and made in Australia by Austral Foods.

Based on Science

NiMera Night Sleep Drink Powder is a whey protein concentrate rich in alpha-lactalbumin which naturally contains high amounts of the serotonin precursor tryptophan. Increased dietary intake of tryptophan has documented beneficial effects on brain serotonin synthesis and activity with positive effects on mood, cognitive performance and improved sleep pattern. NiMera Night Sleep Powder Drink α -lactalbumin at varying serving sizes for children 6-17 year and adults 18 years and over.

The intake of supplementary tryptophan within the diet of an adult has been linked with improvements in sleep duration and depression symptoms, reduction in cognitive decline, reduced risk of onset of diabetes, mediation of mood disorders, as well as a number of other conditions.

Tryptophan has a positive effect on bodily functions

Typically, the level of tryptophan within the protein consumed by adults is low, relative to the level of other amino acids, particularly the other essential amino acids.

Levels of Tryptophan in the diets of adults

The increased consumption of tryptophan from nutrient rich foods has been studied using different proteins that contained relatively high levels of tryptophan. The protein sources included α -lactalbumin a protein that is rich in tryptophan.

Consumption of Tryptophan Rich Proteins - α -lactalbumin

Studies have indicated that intakes of 15g[^] – 20g of α -lactalbumin have shown significant increases in plasma tryptophan. The effects included improved cognitive performance, improved mood and well-being, including improved coping ability, lower anxiety and better sleep efficiency. Source:

[^] Markus 2008 and Layman 2018

Tryptophan has a positive effect on bodily functions

Tryptophan is an amino acid – one of the building blocks of protein – with the highest concentrations found in dried milk.

Tryptophan is regarded as a precursor for the synthesis of neurotransmitters (serotonin and tryptamine) and, with its metabolites, has an effect on bodily functions such as appetite, sleeping/waking and also the perception of pain.

Melatonin is a hormone that is produced in the body as part of the "tryptophan/serotonin pathway and regulates the patterns of sleep, among other bodily functions. The highest level of melatonin in the body is associated with darkness at night and in healthy individuals reaches a peak at around 2am. Sleep quality is associated with peak melatonin secretion and if this is delayed, sleep quality suffers.

NiMera Night Sleep Drink Powder

Austral Foods has taken on these findings in development of their night formulation for adults and children to match what has shown to be efficacious in research. NiMera's night drink has been developed to improve cognitive performance, improve mood and well-being and support better sleep efficiency of adults and children.

NiMera Night Sleep Drink Powder contains:

Age	α -lactalbumin	Tryptophan	Protein	Fat
Children 6-11 years	5.6 g	180.9 mg	5.2 g	0.0 g
Children 12-17 years	11.2 g	363.9 mg	10.4 g	0.0 g
Adults 18+	16.8 g	544.8 mg	15.6 g	0.1 g

Hours of Operation: 9am to 6pm (Monday to Saturday)

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ABOUT NIMERA

Austral Foods Pty Ltd established in 2009, provides the highest level of supply & manufacturing of Australian food & dairy services. Austral Foods are the sole brand owner of 'NiMera'. NiMera was created with the intent to develop the best infant milk powder and toddler milk drink for our babies and infants. We wanted the best ingredients to support their growth during the day and their development and sleep during the night.

NIMERA NIGHT SLEEP DRINK POWDER

A specially formulated night drink that is rich in alpha-lactalbumin to support good sleep at night for adults and children

PREPARATION GUIDE FOR USE

Recommend 1 serve per day 1 hour before sleep
Serving guide



Whey based powder for the night



Rich in α -lactalbumin



Good source of protein
Low in fat

AGE	SERVING SIZE OF POWDER	NUMBER OF LEVEL SCOOPS*
6-11 years	8.3 g	1
12-17 years	16.7 g	2
18 years and over	25.0 g	3

- Add the required number of level scoops to 125mL (1/2 cup) fresh water or milk (*1 scoop = 8.3 g of powder)
- This makes 1 serve or 1 drink
- Stir vigorously and let settle before serving
- Served warm, chilled or at room temperature
- This serving guide is a general guide only

INGREDIENTS LIST

Whey Protein Isolate (alpha lactalbumin) (Milk), Dextrose, Natural Flavour

Allergens: Contains milk

NUTRITION INFORMATION

Average quantity of prepared drink

			CHILDREN		ADULTS
			6-11 years	12-17 years	18 and over
			1 spoon	2 spoons	3 spoons
			8.3 mg	16.7 mg	25 mg
			60 serves	40 serves	20 serves
Nutrient	Units	Average Qty per 100g powder	Average Qty per 8.3 mg serve + 125 mL of Water	Average Qty per 16.7 mg serve + 125 mL of Water	Average Qty per 25 mg serve + 125 mL of Water
Energy	kJ	1587	131.7	265.0	396.8
	kcal	379.3	31.5	63.3	94.8
Protein	g	62.2	5.2	10.4	15.6
Fat (total)	g	0.2	0.0	0.0	0.1
Saturated	g	0	0.0	0.0	0.0
Carbohydrate	g	30.7	2.5	5.1	7.7
Sugars	g	30.7	2.5	5.1	7.7
Sodium	mg	0.3	0.0	0.1	0.1
Other					
Alpha-lactalbumin	g	67	5.6	11.2	16.8
Tryptophan	mg	2179	180.9	363.9	544.8

NOT RECOMMENDED FOR CHILDREN UNDER 5 YEARS OF AGE