

What users say about No-Jet-Lag

Many users have written to us reporting on their experience with **No-Jet-Lag**. Following are extracts from just a few:

Dr. Wayne Morris, team doctor with the New Zealand rugby league team touring Britain, reported that all members of the team found **No-Jet-Lag** to be extremely beneficial and wrote:

"Have no hesitation at all in recommending it to anybody travelling overseas. It is a superb product. Members of the team were also drug tested by the Great Britain Sports Drug Testing Agency, and No-Jet-Lag did not result in any interference with urine drug testing results."

"I found a remarkable all natural remedy called No-Jet-Lag... which for me worked... I think it is a winner. now I take it every time I fly and I give it to my friends"

– Arthur Von Wiesenberger, "Around the World with Arthur & Barney", The #1 Travel Talk Radio Show in California

"I've been using and writing about No-Jet-Lag for years and regaling all my colleagues about the stuff as well. It's truly a miracle! Much thanks."

– David Peevers, Contributing writer/photographer to: Lonely Planet, Brides, LA Times, National Geographic Traveler, TravelLady.com, SF Chronicle, etc.

"I used No-Jet-Lag last year on a long flight to and from Amsterdam, and it did indeed work! I was so impressed that I tell everyone I know about No-Jet-Lag whenever the opportunity arises. Best."

– Carole Terwilliger Meyers, Award-winning travel writer and author of 15 books

"Never can I remember feeling this good after a long trip. No-Jet-Lag is amazing, but what's really incredible is that the ingredients are natural, not filled with caffeine. I am recommending it to all my friends, but I am keeping it a secret from my enemies!"

– Howard Podrasky, flown 1,000,000 miles, Air France Cargo

"I'm writing this letter to give you feedback on No-Jet-Lag. It's wonderful! It's as good as flying on the Concord!"

– International Executive from Massachusetts

Directions for taking No-Jet-Lag

Taking **No-Jet-Lag** is easy and convenient. Chew one tablet each time your plane takes off and each time it lands, even if you are not disembarking, to counter the effects of pressure changes, and one every two hours while flying to counter the effects of long-haul flight. However, intervals of up to four hours between tablets are acceptable if sleeping in flight. **No-Jet-Lag** is best taken separately from meals, but this is not essential. It can be taken with other types of medication.

Each pack of **No-Jet-Lag** contains 32 tablets, enough for over 50 hours of flying (equivalent to an around-the-world trip).

Manufactured according to the Homeopathic Pharmacopoeia of the United States (HPUS).

Ingredients:

Arnica Montana (Leopard's Bane) - 30C: Bellis Perennis (Daisy) - 30C: Chamomilla (Wild Chamomile) - 30C: Ipecacuanha (Ipecac) - 30C: Lycopodium (Clubmoss) - 30C

No-Jet-Lag is available from outlets in Australia, Asia, Europe and North America.

Retailers of **No-Jet-Lag** in United States are: Pharmacies, Airports, Travel & Luggage Stores, Hotels, Travel Agencies & Natural Foods Stores.

No-Jet-Lag, No-Shift-Lag, Arnica Montana, Drink Ease, Femme Ease, Sports Ease, Trip Ease and Palovin (pain relief)

Imported to the U.S.A. by:

Global Source

654 North Santa Cruz Avenue, Suite C747
Los Gatos, California 95030

Tel: (408) 353-3033 Fax: (408) 353-3063
USA: 1 800-340-0747 Canada: 1 888-359-9355

Available at:

www.nojetlag.com



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NO-JET-LAG



WORLD'S LEADING JET-LAG REMEDY SINCE 1990

A Remedy to Counter Jet Lag



Jet Lag can mean:

- Fatigue
- Disorientation
- Lack of concentration and motivation
- Broken sleep after travel
- Dehydration
- Discomfort of legs and feet

Jet lag is the curse of modern jet travel, resulting in loss of working efficiency and holiday enjoyment, often for days after arrival.

No-Jet-Lag, a unique homeopathic remedy, now offers a convenient solution. Its effectiveness has been proven scientifically and is recognized internationally by business and pleasure travelers, professional athletes/teams, celebrities, tour operators, travel agents, flight crews, military and diplomatic personnel.

No-Jet-Lag homeopathic is well known and respected in New Zealand where it was developed and has been available since 1990.

Clinically Proven Effective

Who suffers from jet lag?

A major US study, by The Upjohn Company in cooperation with United Airlines and British Airways, showed as many as 94% of long distance travelers suffer from the effects of jet lag, and 45% consider their symptoms severely bothersome.

A 1994 survey of flight attendants on international routes showed a similar picture, with 96% of respondents saying they suffered from jet lag despite being accustomed to long-haul travel. Specifically 90% suffered from tiredness after arrival, 73% from dehydration, 94% experienced lack of energy and motivation, and 93% reported broken sleep after arrival.

According to a World Health Organisation report up to 50% of travelers suffer side effects or become ill after flying. Anecdotal evidence also supports this report and indicates that jet lag makes travelers more susceptible to colds, flu and stomach upsets.

What causes jet lag?

It hardly seems possible that so many problems could result from merely traveling in an aircraft, but as the survey of flight attendants shows, it affects even the professionals. It is worse for passengers, partly because they are confined in their seats for long periods in flight.

The greatest cause of jet lag is rapid transit across world time zones. The time difference disrupts our body clock (circadian rhythm). This in turn affects body temperature, heartbeat, blood pressure and physiological patterns, leading to disorientation and mental and physical fatigue.

Sitting still for long periods in flight causes discomfort and possible swelling of the legs and feet, and the dry atmosphere in airliner cabins can cause body dehydration. Altitude and pressure changes at each landing and takeoff also upset body systems, and although airliner cabins are pressurized, these changes are a significant cause of jet lag.

The effects of jet lag may be made worse by excessive eating and consumption of alcohol in flight, by loss of sleep, and also by being tired or not in good condition before the flight, although these are not specifically causes of jet lag.

Take No-Jet-Lag and Feel Fresher after Arrival™

No-Jet-Lag is a unique product, specially formulated and rigorously tested to alleviate jet lag. In the 1994 survey of international flight attendants, 75% of respondents said No-Jet-Lag was either good or very good in countering the effects of jet lag. This was published in the August 1998 issue of Aviation, Space and Environmental Medicine, the official journal of the Aerospace Medical Association.

No-Jet-Lag is the only jet-lag remedy proven effective in clinical trial that crossed 24 time zones and involved athletes who are seasoned travelers and is also backed by a study of international flight attendants who found No-Jet-Lag effective.

An important advantage of No-Jet-Lag is that it contains only homeopathic remedies. Because of the small dilutions used, these remedies do not produce side-effects. No-Jet-Lag can be used with all other types of medication. It can be taken by travelers of all ages.

Like all homeopathic remedies, it is most effective if taken separately from meals, but this is not essential. It is recognized that long-haul passengers often sleep for long periods in flight and wake only for meals and layovers, so No-Jet-Lag has been formulated to ensure it will be effective even if taken with meals, including coffee.

No-Jet-Lag does not counter the effects of alcohol, lack of sleep, or pre-existing medical conditions.

It is recommended that in addition to taking No-Jet-Lag, passengers adopt other sensible measures to help arrive at their destination in the best possible shape. These include not overeating in flight, limiting alcohol consumption, drinking plenty of spring water or other nonalcoholic fluids, putting feet up if there is room, and taking any opportunity in flight or during layovers to walk and do stretching exercises. Being in good shape before starting out will also help.

No-Jet-Lag for business, tourism & sports

The dangers of trying to undertake important business engagements while suffering jet lag are well known. Now with No-Jet-Lag, business people can step off the plane and attend meetings in much better shape than before. They no longer need to allow time to rest and reorient themselves on arrival at a distant destination.

Holiday travelers can now look forward to enjoying every day of their vacation, and on returning home can step back into their lives without taking days off to recover from jet lag.

Sports competitors who have traditionally had to allow a week or more to regain their level of performance after travel can now commence training immediately and regain their peak much faster.

Among users of No-Jet-Lag are leading sportsmen and women including Olympic athletes and members of the All Black rugby team, the Kiwi rugby league team. Some team doctors specifically recommend the use of No-Jet-Lag.

No-Jet-Lag has passed official tests to International Olympic Committee standards as being free from any traces of banned drugs. No-Jet-Lag is listed by the US Food and Drug Administration for over-the-counter sale in the United States.

No-Jet-Lag comes in the form of pleasant chewable tablets. It does not need to be taken prior to travel, or after the flight is over and does not conflict with other medication.