



vibrant
blue oils

Circadian Rhythm™

— BRAIN BALANCE —



BENEFITS: Supports healthy Pineal Gland function, promoting healthy circadian rhythms and optimal endocrine health.

INDICATIONS: The Pineal Gland is a small endocrine gland located near the center of the brain involved in several functions of the body including:

- Production and secretion of the sleep hormone Melatonin
- Modulation of the circadian rhythms (sleep-wake cycles) and seasonal functions.
- Regulation of Endocrine Functions and hormonal signals.

Optimal Pineal Gland function helps balance the adrenal output of the stress hormone cortisol which has an antagonistic relationship to the sleep hormone melatonin. Cortisol levels should be highest in the morning and then wane as the day wears on. Elevated cortisol levels at night -- when people are wired, tired and unable to fall asleep -- throws off the body's circadian rhythm and actually turns off melatonin production.

If you trigger the pineal gland to naturally release melatonin, it forces the stress hormone cortisol down and serves as a back door to balancing the stress response and endocrine health.

Application



HOW TO USE: Apply 2-3 drops to three different points on the head:

1. Top of the ears on skull
2. Apex of the skull (top of the head)
3. Very back of the head (in middle)

WHEN TO USE: To trigger natural release of melatonin before bed.

INGREDIENTS: Vibrant Blue Oils Brain Balance Circadian Rhythm blend contains a proprietary blend of Rose Geranium, Grapefruit, Melaleuca, Myrtle, Lavender, Balsam of Peru, and Myrrh in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports natural and restful sleep.
- Can encourage vivid dreams and enhance intuition
- Helps decalcify the pineal gland.



Proprietary brain balance blends are formulated to support optimal function of the brain to ensure that key hormonal and nervous system signals are sent and received.