

NUCLEAR SHUTDOWN



The stresses of modern day life coupled with the stimulants found in many pre workout and fat burning formulas result in many people finding it difficult to get to sleep and stay asleep at night. As we all know a huge part of any training regime is proper rest. Without it progress will grind to a halt.

Nuclear Shutdown is a specific formula designed to help users go to sleep and stay asleep for a full night's rest!

Stage 1: Nuclear Shutdown uses a combination of ingredients to prepare your body for sleep, Magnesium and Zinc help regulate the hormone Melatonin which guides sleep-wake cycles in your body. Essentially Magnesium and Zinc prepares your body for sleep.

Stage 2: Nuclear Shutdown contains a range of ingredients which promote sleepiness allowing your body to go to sleep, Valerian Root is a powerhouse when it comes to sleep formulas. Valerian Root helps induce sleepiness, putting you into a deep sleep pattern. Nelumbo Nucifera acts as a natural sedative, increasing the production of GABA, Serotonin and Dopamine.

Stage 3: Finally Nuclear Shutdown has a combination of ingredients designed to combat stress and stress hormones responsible for waking you up during the night. This combination of ingredients will help keep you in a deeper sleep pattern. Ashwagandha Extract activates mechanisms which cut stress and promote natural relaxation.

Nutritional information

Typical Values	Per 2.5g (1/2 scoop)	Per 5g (1 Scoop)
Magnesium Citrate	50mg	100mg
Zinc	3.75mg	7.5mg
Ashwagandha Extract	500mg	1000mg
Valerian Root	150mg	300mg
Nelumbo Nucifera	75mg	150mg
Rhodiola Rosea	200mg	400mg
L-Theanine	150mg	300mg

Rhodiola Rosea is known as an Adaptagen, that helps you adapt in a more positive way to stress hormones that can interfere with sleep patterns. L-Theanine has been proven to reduce stress, allowing the mind to relax and stay in a relaxed state during sleep.

Nuclear Shutdown is designed for anyone that has trouble getting asleep or staying asleep. Taken 10 minutes before bedtime as either a cold drinks or made with hot water as a tea.

100mg MAGNESSIUM

7.5mg ZINC

300mg THEANINE



Blackcurrant



Apple
Blueberry

NXT NUTRITION



The NeXT Generation Of Sports Nutrition