

## *Jet Lag Relieve Technique*

### **What is jet lag?**

Jet lag symptoms are well known-disorientation, lethargy and broken sleep after long-distance flying, especially if your flight crosses several time zones. The more time zones you cross, the longer this takes, possibly several days. Although this body-clock disruption is the main cause of jet lag, other factors in long haul flying make it worse, and can give you symptoms of jet lag even if your flight doesn't actually cross any time-zones. These other factors include:

- Over consumption of alcohol and food. You don't need to eat much when flying, and should avoid alcohol. The dry air in long haul aircraft dehydrates the body, which may lead to headaches and general discomfort. Drink plenty of non-alcoholic fluid (water and soft drinks are better than coffee or fruit juice).
- Pre-flight stress. It is recommended that you try to avoid being stressed, excited, overtired or hung over before the flight.
- Sitting motionless for hours in an aircraft seat causes swelling. Take any opportunity to exercise. Do stretching exercises while seated, walk in the aisle from time to time, and disembark at intermediate stops to walk around.

### **How No-Jet-Lag works**

Mo-Jet-Lag uses homeopathic ingredients to alleviate the symptoms of jet lag caused by disruptions to the body clock, pressure changes and other factors directly due to long haul flying. (It does not claim to counter the effects of alcohol, lack of sleep or pre-flight stress.)

Homeopathic remedies work differently from Pharmaceuticals, using minute dilutions of special ingredients to stimulate and boost the body's own recuperative powers. They are not to be confused with herbal or other "natural" remedies.

Homeopathic products are based on scientific principles and rigorous testing, and are recognized by the US Food and Drug Administration (FDA regulation CPG 7132.15) as being uniquely risk-free. The user can thus be reassured there is no risk of toxicity or adverse reactions, even to children and pregnant mothers, or in the event of accidental overdose.

No-Jet-Lag is manufactured in accordance with the officially recognized Homeopathic Pharmacopeia of the US, is listed with the FDA for over-the-counter sale, and does not require a health professional to advise on use. Just follow our directions.

### **Directions**

Chew one tablet on takeoff, one every two hours in-flight and one on landing. Intervals of up to four hours between tablets are acceptable if sleeping. Best taken separately from meals. Can be used with all other types of medication.

### **Ingredients**

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

All Miers Laboratories products are manufactured in New Zealand to recognised national and international standards.

(NDC 059672-0130-4) **Internet: [www.nojetlag.com](http://www.nojetlag.com)**

### **Where to buy No-Jet-Lag**

No-Jet-Lag is available from retail outlets such as pharmacies/drugstores, health stores, travel shops and airport retailers in many countries, and in some countries including the Canada and the US. It may be ordered via the Internet.

Lists of retail outlets are on our Internet sites which also give further information on No-Jet-Lag and the research on which it is based, as well as additional ways to make your travel experience more comfortable and enjoy able.

This insert also gives contact details for our distributors in other countries, who can provide details of local retail suppliers.

**Internet: [www.nojetlag.com](http://www.nojetlag.com)**

### **Developed by**

Miers Laboratories Limited

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Tel (+644) 472-9070, fax (+644) 473-7891

**New Zealand Distribution**

Distributed to pharmacies by Pharmabroker Sales Limited

PO Box 302-234, North Harbour, Auckland 0751

Tel (09) 415-5050, fax (09) 415-5044

Distributed to health stores, travel agents and airport retailers by Cowan Holdings Limited

PO Box 15-1082, New Lynn, Auckland 0640

Tel (09) 825-0613, fax (09) 825-0596

#### **Worldwide distributors**

#### **No-Jet-Lag - Homeopathic**

**United States:** Miers Laboratories LLC. tel 1-301-263-2770. fax 1-301-263-2774

**Hong Kong:** At Mannings, Watsons & Airport. DKSH, tel 2895-9838, fax 2576-9409.

**Singapore:** Medic Marketing Pte Ltd, tel 271-8122. fax 271-9967. Most pharmacies & Changi Airport

**Fiji:** Prouds Duty Free Airport Stores tel 672-2477, fax 672-4265

**South Africa:** Ivodent. tel 0860-456-123, fax +27 (21) 448-2678

**No-Jet-Lag** is marketed as Jet Ease in

**Australia:** Worldtrade, tel 02 9999-6399, fax 02 9999-6499. available at international airport retailers, health stores and many pharmacies

#### **Jet Ease - Vitamin Supplement**

**UK:** NZ Health Products Ltd, tel (020) 8530-4593, fax (020) 8989-0920

**Benelux:** Global Medical Trading, tel 538-1353, fax 538-0217

**Denmark, Norway and Sweden:** Zacho Foods, tel (45)4371-1147, fax (45) 4371-1139

**Germany:** Metropolitan Pharmacies at Frankfurt, Munich and Dusseldorf airports, Tel (069) 695-8070, (089) 9759-2950 and (0211) 4216 5220.

**In Europe:** www.jetease.com Version NJL\_\_CND\_001, August 2008

**No-Jet-Lag** is part of an exclusive suite of safe-to-use homeopathic remedies developed by Miers Laboratories to assist the body in coping with the strains of modern life. All are sold in blister packs for safety and good keeping and may be used without a doctor's prescription or advice.

#### **PALOGARD**

Palogard is designed to improve your defence against colds and flu. Palogard is the only multi-ingredient homeopathic remedy that changes each season to address the new colds and flu. You can improve your chances of not getting cold or flu by taking Palogard in the Fall. For further information see our internet site, [www.palogard.com](http://www.palogard.com)

#### **No-Shift-Lag™**

A convenient solution for night shift workers who suffer the effects of shift lag (fatigue, irritability, vagueness, moodiness etc). Each pack contains enough tablets for at least 10 night shifts. For further information see our internet site, [www.shiftlag.com](http://www.shiftlag.com)

#### **Trip Ease™**

For those who experience motion sickness when travelling by plane, car or boat (children are especially vulnerable). This safe homeopathic remedy is formulated from six active ingredients to counter the various types of motion sickness, and does not cause drowsiness. For more information see our Internet site, [www.tripease.org](http://www.tripease.org).

#### **Drink Ease™**

For those occasions when a celebration may lead to regrettable after-effects. Our remedy contains a combination of ingredients to counter the well-known effects of over-indulgence. For more details see our Internet site, [www.drinkease.com](http://www.drinkease.com)

Distribution by / Distribue par:

#### **Les Enterprises**

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