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MHF Health launches AhSleep, an all natural sleep aid, to the public for the first time.

Coral Springs, FL September 13, 2016 MHF Health today announced that it has launched AhSleep, a natural, non-addictive natural sleep aid to the public for the first time.

MHF Health has developed cutting edge, targeted nutritional products to repair, restore, and balance both body and brain chemistry. Formulas were originally designed to aid in the treatment of drug and alcohol abuse recovery. The products were so successful when used in addiction recovery that they are now offered to the general public for the treatment of naturally occurring conditions such as insomnia, stress, anxiety, ADD/ADHD and many more.

Dr. Sands, founder of MHF Health, and inventor of AhSleep, is an expert in clinical nutrition and holistic health. He discovered that most people with persistent sleep disturbances can be critically low in the hormones and brain neurotransmitters that regulate sleep. His work with natural supplements has resulted in a unique manufacturing process, formula, and combination of ingredients that address the root cause of sleep loss, using non-pharmaceutical ingredients.

Many over the counter and pharmaceutical sleep aids can come with the risk of addiction. Dr. Sands cautions against the overuse of medication in solving insomnia. As a combination of non-pharmaceutical ingredients, AhSleep is completely non-addictive and safe to take with almost all prescriptions. It enables your body to restore and balance these depleted naturally occurring chemicals more quickly and effectively than other formulas. It is a unique natural alternative to prescription sleep medications that often leave you feeling groggy upon waking.

"AhSleep's unique manufacturing process, formula and combination of ingredients addresses the root cause of sleep loss using non-pharmaceutical ingredients," states Dr. Sands.

MHF Health products have helped thousands restore a natural balance in body and brain chemistry to aid in relief from their symptoms. AhSleep is the latest made available to the public for the first time.

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MHF Health develops cutting edge, targeted nutritional products to repair, restore, and balance both body and brain chemistry. Our product formulas were originally designed to aid in the treatment of drug and alcohol abuse recovery. The products were so successful when used in addiction recovery that they are now offered to the general public for the treatment of naturally occurring conditions such as insomnia, stress, anxiety, ADD/ADHD and many more. For more information, visit AhSleep.com or call 800.823.2350