

BIG SPOON

Niche: BODYBUILDING

Email #1.

Subject: **More muscle recovery in a DAY than a whole WEEK!**

Body:

----- *This is a special message from our friends Beau and Mike from Sunday Scaries, proud sponsors of this newsletter* -----

There's a new, "vanilla cream"-tasting sleep solution that's warding off two one of bodybuilding's most constant annoyances: **slow recovery** and **prolonged soreness**.

Why is this important?

Consider this from the National Institute of Health:

> [Med Hypotheses](#). 2011 Aug;77(2):220-2. doi: 10.1016/j.mehy.2011.04.017. Epub 2011 May 7.

Sleep and muscle recovery: endocrinological and molecular basis for a new and promising hypothesis

M Dattilo ¹, H K M Antunes, A Medeiros, M Mônico Neto, H S Souza, S Tufik, M T de Mello

Affiliations + expand

PMID: 21550729 DOI: 10.1016/j.mehy.2011.04.017

“... we hypothesized that sleep debt decreases the activity of protein synthesis pathways and increases the activity of degradation pathways, favoring the loss of muscle mass and thus hindering muscle recovery.”

And here's what it translates to:

Want an edge over your friends and gym buddies? Want to astonish yourself (and others) and make the surpassing of your previous "best" predictable, enjoyable and more importantly palpable?

Easy: Do whatever it takes to give yourself an incredible, deep night's sleep, night after night.

Here's how we've made this easier for you: By putting our CBN through a painstaking triple-sifting process that ensures purity, and then combined it with other ingredients proven to deliver the best stress relief and sleep ever.

Click here to learn more!

Email #2.

Subject: **How Your Thoughts STEAL Your Gym Recovery (+TASTY SOLUTION!)**

Body:

----- This is a special message from our friends Beau and Mike from Sunday Scaries, proud sponsors of this newsletter -----

When we first made discovery of this safe, naturally occurring molecule, we did it for one reason only: **a deep, undisturbed night's sleep.**

Truth is, this was not borne out of wanting to improve at the gym, but out of desperation: The huge physical and mental demands of our business depended on it.

Yet little did we anticipate that, beyond giving us the best sleep we've ever had, it could so profoundly affect (among others) one other key life area: **physical regeneration and muscle recovery.**

Sure, we heard about the importance of sleep for muscle recovery after strenuous exercise before our discovery.

But to actually **experience** the magic, morning after morning of incredible workouts, free of soreness that could have easily hounded us from previous workouts...

... and all that, following night after night of incredibly deep, refreshing sleep!

Here's what we learned: CBN is absolutely the best sleep aid, period... but with one important caveat: **purity is key!**

CLICK HERE to learn how we put this miracle compound through a painstaking triple-sift to ensure just that, and the other ingredients we combined it with for a sleep inducing multi-whammy like nothing you've experienced before.

Email #3.

Subject: The #1 Mineral For Muscle Recovery (And the best form)

Body:

----- *This is a special message from our friends Beau and Mike from Sunday Scaries, proud sponsors of this newsletter* -----

The writing has been on the wall of Scientific Consensus for years: **sleep deprivation can also deprive you from years of your life.**

Which undermines one of the most important premises of regularly putting in the hard yards at the gym: strongevity (longevity through strength).

That's why lack of sleep can seriously hamper muscle recovery and keep muscle-robbing cortisol elevated.

Which is also why magnesium (especially in its most bioavailable form: magnesium glycinate) has been such a popular long-term sleep aid.

Now if you're anything like us, you wouldn't have time to wait for "long term".

You want results ***yesterday!***

And we've discovered a compound that works even better than magnesium (and can even be combined with it to enhance magnesium's effects for ***much*** faster sleep-inducing action).

A compound that's naturally occurring, safe, brings cortisol down, raises testosterone, works the very first night...

... then works even better over time!

Simply take a full "vanilla cream" tasting dropper of this miracle compound before you sleep, and then experience a depth of restful, muscle-recovering sleep unlike any you've experienced before.

CLICK HERE and start your journey of sleeping like a baby again, each night.