

## What users say about **NO-JET-LAG**

Many users have written to us reporting on their experience with **NO-JET-LAG**. Following are extracts from just a few:

Dr. Wayne Morris, team doctor with the New Zealand rugby league team touring Britain, reported that all members of the team found **NO-JET-LAG** to be extremely beneficial and wrote:

“I have no hesitation at all in recommending it to anybody traveling overseas. It is a superb product. Members of the team were also drug tested by the Great Britain Sports Drug Testing Agency, and **NO-JET-LAG** did not result in any interference with urine drug testing results.”

“I found a remarkable all natural remedy called **NO-JET-LAG**... which for me worked... I think it is a winner... now I take it every time I fly and I give it to my friends”

– **Arthur Von Wiesenberger**, “Around the World with Arthur & Barney”, The #1 Travel Talk Radio Show in California

“I’ve been using and writing about **NO-JET-LAG** for years and regaling all my colleagues about the stuff as well. It’s truly a miracle! Much thanks.”

– **David Peevers**, Contributing writer/photographer to: Lonely Planet, Brides, LA Times, National Geographic Traveler, TravelLady.com, SF Chronicle, etc.

“I used **NO-JET-LAG** last year on a long flight to and from Amsterdam, and it did indeed work! I was so impressed that I tell everyone I know about **NO-JET-LAG** whenever the opportunity arises. Best.”

– **Carole Terwilliger Meyers**, Award-winning travel writer and author of 15 books

“Never can I remember feeling this good after a long trip. **NO-JET-LAG** is amazing, but what’s really incredible is that the ingredients are natural, not filled with caffeine. I am recommending it to all my friends, but I am keeping it a secret from my enemies!”

– **Howard Podrasky**, flown 1,000,000 miles, Air France Cargo

“I’m writing this letter to give you feedback on **NO-JET-LAG**. It’s wonderful! It’s as good as flying on the Concord!”

– **International Executive from Massachusetts**

## Directions for taking **NO-JET-LAG**

Taking **NO-JET-LAG** is easy and convenient. Chew one tablet each time your plane takes off and each time it lands, even if you are not disembarking, to counter the effects of pressure changes, and one every two hours while flying to counter the effects of long-haul flight. However, intervals of up to four hours between tablets are acceptable if sleeping in flight. **NO-JET-LAG** is best taken separately from meals, but this is not essential. It can be taken with other types of medication.

Each pack of **NO-JET-LAG** contains 32 tablets, enough for over 50 hours of flying (equivalent to an around-the-world trip).

Manufactured according to the Homeopathic Pharmacopoeia of the United States (HPUS).

Ingredients:

Arnica Montana (Leopard’s Bane) - 30C: Bellis Perennis (Daisy) - 30C: Chamomilla (Wild Chamomile) - 30C: Ipecacuanha (Ipecac) - 30C: Lycopodium (Clubmoss) - 30C

**NO-JET-LAG** is available from outlets in Australia, Asia, and North America.

Retailers of **NO-JET-LAG** in United States are: Pharmacies, Airports, Travel & Luggage Stores, Hotels, Travel Agencies & Natural Foods Stores.

**NO-JET-LAG, DRINK EASE and TRIP EASE**

Distributed to retailers by:

L.C. Industries Inc.

2781 Katherine Way, Elk Grove Village, IL 60007  
Phone: 312.455.0500 Fax: 312.455.0005

Available at:

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

# **NO-JET-LAG**<sup>®</sup>

WORLD’S LEADING JET LAG TREATMENT SINCE 1990

## Jet Lag Prevention



### Jet Lag can mean:

- Fatigue
- Disorientation
- Lack of concentration and motivation
- Broken sleep after travel
- Dehydration
- Discomfort of legs and feet

Jet lag is the curse of modern jet travel, resulting in loss of working efficiency and holiday enjoyment, often for days after arrival. **NO-JET-LAG**, a unique homeopathic remedy, now offers a convenient solution. Its effectiveness has been proven scientifically and is recognized internationally by business and pleasure travelers, professional athletes/teams, celebrities, tour operators, travel agents, flight crews, military and diplomatic personnel.

**NO-JET-LAG** homeopathic is well known and respected in New Zealand where it was developed and has been available since 1990.

Available at: [www.nojetlag.com](http://www.nojetlag.com)

## Who suffers from jet lag?

A major US study, by The Upjohn Company in cooperation with United Airlines and British Airways, showed as many as 94% of long distance travelers suffer from the effects of jet lag, and 45% consider their symptoms severely bothersome.

A 1994 survey of flight attendants on international routes showed a similar picture, with 96% of respondents saying they suffered from jet lag despite being accustomed to long-haul travel. Specifically 90% suffered from tiredness after arrival, 73% from dehydration, 94% experienced lack of energy and motivation, and 93% reported broken sleep after arrival.

According to a World Health Organization report up to 50% of travelers suffer side effects or become ill after flying. Anecdotal evidence also supports this report and indicates that jet lag makes travelers more susceptible to colds, flu and stomach upsets.

## What causes jet lag?

It hardly seems possible that so many problems could result from merely traveling in an aircraft, but as the survey of flight attendants shows, it affects even the professionals. It is worse for passengers, partly because they are confined in their seats for long periods in flight.

The greatest cause of jet lag is rapid transit across world time zones. The time difference disrupts our body clock (circadian rhythm). This in turn affects body temperature, heartbeat, blood pressure and physiological patterns, leading to disorientation and mental and physical fatigue.

Sitting still for long periods in flight causes discomfort and possible swelling of the legs and feet. The dry atmosphere in airliner cabins can cause body dehydration. Altitude and pressure changes at each landing and takeoff also upset body systems. Although airliner cabins are pressurized, these changes are a significant cause of jet lag.

The effects of jet lag may be made worse by excessive eating and consumption of alcohol in flight. Loss of sleep and being tired before the flight also makes jet lag worse, although these are not specifically causes of jet lag.

## Take **NO-JET-LAG** and feel fresher after arrival

**NO-JET-LAG** is a unique product, specially formulated and rigorously tested to alleviate jet lag. In the 1994 survey of international flight attendants, 75% of respondents said **NO-JET-LAG** was either good or very good in countering the effects of jet lag. This was published in the August 1998 issue of Aviation, Space and Environmental Medicine, the official journal of the Aerospace Medical Association.

**NO-JET-LAG** is the only jet lag remedy proven effective in clinical trial that crossed 24 time zones and involved athletes who are seasoned travelers and is also backed by a study of international flight attendants who found **NO-JET-LAG** effective.

An important advantage of **NO-JET-LAG** is that it contains only homeopathic remedies. Because of the small dilutions used, these remedies do not produce side-effects. **NO-JET-LAG** can be used with all other types of medication. It can be taken by travelers of all ages.

Like all homeopathic remedies, it is most effective if taken separately from meals, but this is not essential. It is recognized that long-haul passengers often sleep for long periods in flight and wake only for meals and layovers, so **NO-JET-LAG** has been formulated to ensure it will be effective even if taken with meals, including coffee.

**NO-JET-LAG** does not counter the effects of alcohol, lack of sleep, or pre-existing medical conditions.

It is recommended that in addition to taking **NO-JET-LAG**, passengers adopt other sensible measures to help arrive at their destination in the best possible shape. These include not overeating in flight, limiting alcohol consumption, drinking plenty of water or other nonalcoholic fluids, putting feet up if there is room, and taking any opportunity in flight or during layovers to walk and do stretching exercises. Being in good shape before starting out will also help.

## **NO-JET-LAG** for business, tourism & sports

The dangers of trying to undertake important business engagements while suffering jet lag are well known. Now with **NO-JET-LAG**, business people can step off the plane and attend meetings in much better shape than before. They no longer need to allow time to rest and reorient themselves on arrival at a distant destination.

Holiday travelers can now look forward to enjoying every day of their vacation, and on returning home can step back into their lives without taking days off to recover from jet lag.

Sports competitors who have traditionally had to allow a week or more to regain their level of performance after travel can now commence training immediately and regain their peak much faster.

Among users of **NO-JET-LAG** are leading sportsmen and women including Olympic athletes and members of the All Black rugby team and the Kiwi rugby league team. Some team doctors specifically recommend the use of **NO-JET-LAG**.

**NO-JET-LAG** has passed official tests to International Olympic Committee standards as being free from any traces of banned drugs. **NO-JET-LAG** is listed by the US Food and Drug Administration for over-the-counter sale in the United States.

**NO-JET-LAG** comes in the form of pleasant chewable tablets. It does not need to be taken prior to travel, or after the flight is over and does not conflict with other medication.

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