Nutrition Blends

Affiliate swipe pack

FOR CLICKBANK AFFILIATES

Everything you need to promote Sleep & Energy Super Herb Formula

Emails, social posts, hooks, newsletter ads and video ideas written for women who are tired, stressed and sleeping badly. Copy, paste, add your link.



- 8 of the best emails, with 3 subject lines each
- 18 social posts for Facebook, Instagram, X and Pinterest
- 45 opening hooks across 15 angles
- 12 five-line newsletter ads and 4 short video ideas
- The offer, the prices and the rules on one page each

SHARED WITH YOU BY

Name _____

Website or list _____

ClickBank nickname _____

Want your own name printed here? The Word version of this pack is fully editable.

THE OFFER

What you are promoting

One product, one link, one landing page. Here is everything a reader sees when they click.

Sleep & Energy Super Herb Formula



A blend of vitamins, minerals and adaptogens ("super herbs") made to help women naturally relieve stress, balance hormones, improve sleep and boost energy. Over 18 ingredients, one of the most complex formulas on the market.

- ✓ One capsule in the morning (many brands need up to 6 a day)
- ✓ 30 capsules per bottle
- ✓ One formula instead of buying lots of separate products
- ✓ 60-day money back guarantee
- ✓ Sold and delivered through ClickBank

Prices on the page today (Flash Sale, 20% off)

Package	Was	Now	Per bottle
1 bottle	~~$42.95~~	**$34.36**	$34.36
3 bottles, Most Popular	~~$94.95~~	**$75.96**	$25.32
6 bottles, Great Value	~~$159.95~~	**$127.96**	$21.33

Plus shipping and handling. Prices can change: always check the page before you mail.

COMMISSION

Up to 60%

As set in ClickBank. See the current rate in your ClickBank marketplace listing for vendor **nutriblend**.

YOUR HOPLINK

`hop.clickbank.net/?affiliate=YOURNICKNAME&vendor=nutriblend`

Add &tid=anything to track where each sale came from.

WHERE IT LANDS

nutritionblends.com

The Sleep & Energy page, with the ingredients, the guarantee and the order buttons.

START HERE

How to use this pack

1. **Make your hoplink.** Put your ClickBank nickname into the link on the offer page. Click it once yourself to check it lands on nutritionblends.com.
2. **Swap the placeholders.** Wherever you see `{{AFFILIATE_LINK}}` paste your hoplink. Replace {first name} with your mailing tool's first-name tag and [Your name] with your own name.
3. **Pick, then send.** Each email has three subject lines that take different angles. Use one, or split-test two of them.
4. **Add your disclosure.** Tell readers you may earn a commission. On social posts, #ad or "I may earn a commission" is enough.
5. **Get the rest online.** The affiliate area has all 32 emails, 44 social posts, 8 ready-to-publish articles, banners and product images.

Words you may quote

These are the only endorsements for the formula. Quote them word for word, with the name and title, and do not add others.

> **"In all my research on supplements, I have never found one that contained this many proven anti-oxidants and adaptogens—all essential for living stress-free and healthy lives."**
>
> Kimberly Langdon M.D., Grove City, Ohio. Retired physician, 19 years clinical experience

> **"After trying most of the products on the market, this unique formula is one of the best natural supplements I've encountered to support women's hormone health!"**
>
> Ange Byrne, author of The Power of Hormones, Christchurch, New Zealand

BEST EMAILS

Eight emails you can send today

Each email carries the link twice. All 32 emails, with a preview line and a sending tip for each, are in the affiliate area.

Sleep & Energy, Day 1

The tired-but-wired night

SUBJECT LINES

1. **exhausted all day, wide awake at midnight?**
2. **the night your mind won't switch off**
3. **why bed is where your brain wakes up**

Hi {first name},

You know the night I mean.

You drag yourself through the afternoon, yawning at your desk. Then you finally climb into bed, switch off the lamp, and your mind wakes up.

You run through the shopping list, the email you forgot to answer and something your sister said on the phone.

The clock creeps past midnight.

In the morning, coffee is the only thing that gets you moving. By evening, a glass of wine is the only thing that slows you down.

Many women between 35 and 65 live inside that loop for years. They put it down to age, or to being busy.

Very often it means stress has been running the show for far too long, and the body has stopped switching gears on its own.

Nutrition Blends made a formula for exactly this woman. It's one capsule, taken in the morning, made to help women relieve stress, balance hormones, improve sleep and boost energy.

Have a look at what's inside it here:

`{{AFFILIATE_LINK}}`

Over the next few days I'll show you why a capsule you take at breakfast can make a difference when your head hits the pillow.

If the tired-but-wired night sounds familiar, give the page two minutes tonight, before bed.

`{{AFFILIATE_LINK}}`

[Your name]

P.S. It's called Sleep & Energy Super Herb Formula, and it's 20% off on the page right now.

Eight emails you can send today (continued)

Sleep & Energy, Day 5

One capsule, one morning

SUBJECT LINES

1. one capsule, taken at breakfast
2. some brands want 6 capsules a day
3. why I like a formula you can't forget

Hi {first name},

Be truthful with yourself for a second. How many supplement bottles are sitting in your kitchen cupboard, half full?

Most of us start strong. Then life gets busy, and the routine of six capsules at three different times of day falls apart by week two.

Some brands really do ask for up to 6 capsules a day.

Nutrition Blends Sleep & Energy Super Herb Formula asks for one. You take it in the morning with breakfast, and you're done.

Inside that one capsule are over 18 ingredients. It's one of the most complex formulas on the market.

There are B vitamins for energy production, plus Zinc for the immune system and for reducing stress.

There are adaptogens such as Ashwagandha and Panax Ginseng to help your body cope with daily stress.

And there are calming herbs such as Valerian, Chamomile and Lemon Balm to promote sleep.

See the full list, with what each one does, here:

`{{AFFILIATE_LINK}}`

People ask how a morning capsule helps at night. The formula carries both sides of the day. Herbs for calm and sleep sit next to adaptogens and B vitamins for energy.

Remembering one capsule a day is easy. The bottle holds 30, so it lasts a month.

Have a look, and grab it while it's 20% off:

`{{AFFILIATE_LINK}}`

[Your name]

Eight emails you can send today (continued)

Sleep & Energy, Day 6

Ange's story

SUBJECT LINES

1. **sleep drops, sleep teas, then sleeping tablets**
2. **what finally helped Ange sleep through**
3. **she'd tried almost everything**

Hi {first name},

Ange Byrne lives in Christchurch, New Zealand. She wrote a book called The Power of Hormones, and she has tested more supplements than most of us will ever see.

She also struggled to sleep. I'll let her tell it in her own words.

"On a personal level Nutrition Blends Sleep & Energy Super Herb Formula allowed me to get to sleep at night, stay asleep and wake the next day feeling refreshed.

Prior to this I had tried a variety of things to beat my insomnia... from sleep drops, to sleep teas which had little effect, to sleeping tablets prescribed by a doctor which left me drowsy and exhausted the next day.

And the other great thing I noticed was being able to stay on top of my mood a lot better and avoid those energy crashes that would often hit me in the afternoon."

Read that list again. She tried drops and teas, then tablets from a doctor that left her foggy all the next day.

If you've been down any part of that road, you'll know how tiring it is to keep trying things.

See the formula Ange is talking about here:

`{{AFFILIATE_LINK}}`

She now recommends it to her own customers. In her words: "I recommend Sleep & Energy Super Herb Formula to all my customers because it is quite simply the best and most complex formula on the market."

It's one capsule in the morning. It's 20% off on the page right now, and returns are accepted within 60 days of your order.

`{{AFFILIATE_LINK}}`

[Your name]

Eight emails you can send today (continued)

Sleep & Energy, Day 7

What a retired doctor found

SUBJECT LINES

1. a retired doctor looked at this formula
2. "I have never found one that contained this many"
3. 10 years researching herbs, and this surprised her

Hi {first name},

Kimberly Langdon is a retired physician from Grove City, Ohio.

She spent 19 years in clinical practice, then 10 more researching herbal and all-natural substances. Someone with that background has seen a lot of supplement labels.

When she looked at Nutrition Blends Sleep & Energy Super Herb Formula, here's what she wrote:

"In all my research on supplements, I have never found one that contained this many proven anti-oxidants and adaptogens—all essential for living stress-free and healthy lives."

She went further. She said the formula "has practically every single ingredient that promotes overall excellent health especially as it relates to immune function, mood, sleep, energy, memory, concentration, and sense of inner calm."

That's a long list from one capsule a day.

It makes sense when you see the label. There are over 18 ingredients, from Ashwagandha and Rhodiola to Bacopa, Passion Flower and a full spread of B vitamins.

Look through the ingredient list she was talking about:

`{{AFFILIATE_LINK}}`

Most people trying to cover all those bases end up with a cupboard full of bottles. This puts them in one capsule, taken in the morning.

If you've been waiting for a reason to trust a supplement, a doctor's opinion is a good place to start.

It's 20% off on the page right now:

`{{AFFILIATE_LINK}}`

[Your name]

Eight emails you can send today (continued)

Sleep & Energy, Day 1

The clenched jaw at the sink

SUBJECT LINES

1. is your jaw clenched right now?
2. for the woman who never quite switches off
3. calm you can carry into a Tuesday afternoon

Hi {first name},

Try this for me. Let your tongue drop from the roof of your mouth and loosen your back teeth.

If your jaw just relaxed a little, you were holding it tight without knowing.

Many women carry the whole day in their body like that. The jaw, the shoulders, the little crease between the eyebrows.

It builds quietly, one demand on top of another. By evening the body is still braced for the next thing, even when nothing is coming.

I've been reading about a formula made for women who live like this. It's called Nutrition Blends Sleep & Energy Super Herb Formula.

The name talks about sleep and energy. Yet the first benefit on its page is stress reduction, and another is "Inner Peace & Calm".

Inside are calming plants you may know from herbal tea, like Chamomile and Lemon Balm. Passion Flower and Skullcap are in there too.

So is L-Theanine, the amino acid found in tea that reduces stress and promotes calmness.

Have a look at the full formula here:

`{{AFFILIATE_LINK}}`

You take one capsule in the morning. The idea is to give your body extra support for the stress of the day before the day even starts.

For now, check your jaw a few more times today. It will tell you how wound up you really are.

And if you'd like to see every ingredient in the formula, the page lists them all:

`{{AFFILIATE_LINK}}`

[Your name]

P.S. It's 20% off right now on the page.

Eight emails you can send today (continued)

Sleep & Energy, Day 7

Staying on top of her mood

SUBJECT LINES

1. "being able to stay on top of my mood"
2. the afternoon crash and the short fuse
3. what a hormone author noticed besides sleep

Hi {first name},

Ange Byrne wrote a book called The Power of Hormones. She lives in Christchurch, New Zealand, and she recommends products to her own customers.

She had tried most of the products on the market before she came to Nutrition Blends Sleep & Energy Super Herb Formula.

Her first comment was about sleep. Then she added something many women will relate to.

"And the other great thing I noticed was being able to stay on top of my mood a lot better and avoid those energy crashes that would often hit me in the afternoon."

Staying on top of your mood. That phrase says a lot.

Moods that swing through the day wear you out. Bright in the morning, flat by mid-afternoon, short with everyone by dinner.

Often the stress and the energy dips feed each other, and you end up feeling like a passenger in your own day.

The formula has several ingredients for normal mood. Passion Flower and St John's Wort both support normal mood function.

5-HTP is there too. It sits between L-Tryptophan and serotonin, and serotonin supports mood and sleep.

Read Ange's full words and see the ingredients here:

`{{AFFILIATE_LINK}}`

A steadier mood means fewer moments you wish you could take back. It means more evenings where you're the calm one in the room.

Ange said she recommends the formula "to all my customers". If you'd like to see why, it's 20% off on the page right now:

`{{AFFILIATE_LINK}}`

[Your name]

P.S. Ange also said it's "one of the best natural supplements I've encountered to support women's hormone health!" Her full comments are on the page.

Eight emails you can send today (continued)

Herb 4

The calm hiding in your teacup

SUBJECT LINES

1. the world's favourite drink after water
2. why a cup of tea calms you down
3. what tea and a mushroom have in common

Hi {first name},

After water, tea is the most popular drink on the planet.

And the cup of tea we make when things go wrong does more than we give it credit for. The warmth helps. So does the pause.

But there's something else in the leaf.

It's called L-theanine. It's an amino acid found in green and black tea, and in smaller amounts in a wild mushroom called the bolete.

L-theanine is known for reducing stress and promoting calm. People take it to feel relaxed while still thinking clearly, which is a rare pairing. Most things that calm you down also slow you down.

Try this today. The next time stress hits, make a cup of green or black tea and drink all of it sitting down.

Leave your phone in the other room while you drink it. Five quiet minutes with a cup of tea can change the shape of a whole afternoon.

The catch is that you'd need a lot of tea to get much L-theanine, and plenty of caffeine would come with it. That's why many people prefer it in capsule form.

L-theanine is one of more than 18 ingredients in Nutrition Blends Sleep & Energy Super Herb Formula. One capsule in the morning gives you L-theanine alongside calming herbs such as passion flower and lemon balm.

You can see the whole formula here:

`{{AFFILIATE_LINK}}`

[Your name]

P.S. Keep your tea habit. The capsule doesn't replace that lovely pause, it simply joins your breakfast. It's 20% off on the page right now:

`{{AFFILIATE_LINK}}`

Eight emails you can send today (continued)

Sleep & Energy, Day 10

Last word from me

SUBJECT LINES

1. my last note about sleep and energy
2. picture waking up before the alarm
3. one capsule, 20% off, 60 days to decide

Hi {first name},

This is my last email about Nutrition Blends Sleep & Energy Super Herb Formula, so let me paint you one picture.

You wake up a few minutes before the alarm. You actually slept. Your head is clear.

The afternoon comes and goes without the crash. You don't need the second coffee.

Then at night you put your head down, and your mind lets go.

That's the day this formula was made for.

It's one capsule in the morning, made especially for women. It's packed with over 18 vitamins, minerals and adaptogens to help relieve stress, support hormone health, improve sleep and boost energy.

Kimberly Langdon M.D. said she had "never found one that contained this many proven anti-oxidants and adaptogens."

Ange Byrne, author of The Power of Hormones, said it "allowed me to get to sleep at night, stay asleep and wake the next day feeling refreshed."

Here's the page with everything on it:

`{{AFFILIATE_LINK}}`

It's 20% off right now, even on the 3 and 6 bottle deals. It ships internationally. And returns are accepted within 60 days of your order.

If you've been reading these emails and nodding along, give yourself the chance to feel the difference:

`{{AFFILIATE_LINK}}`

Thanks for reading.

[Your name]

SOCIAL POSTS

18 posts for Facebook, Instagram, X and Pinterest

Pair each post with a calm photo of herbs, tea or the bottle. On Instagram, put your hoplink in your bio; on Pinterest, make it the pin's destination link. Each X post fits the limit with your full hoplink in it.

Facebook

What time is your crash?

Quick question for the women here: what time does your energy fall off a cliff?

For a lot of us it's around 3pm. The coffee has worn off, the to-do list hasn't, and you find yourself reading the same email over and over.

When sleep is poor and stress runs high all day, your body has very little left by the middle of the afternoon.

So I looked into a formula made for that exact pairing. Nutrition Blends Sleep & Energy Super Herb Formula is one capsule in the morning. It has over 18 ingredients, including Rhodiola and Panax Ginseng for daytime energy, plus calming herbs that promote sleep at night.

It's 20% off on the page right now: `{{AFFILIATE_LINK}}`

Tell me your crash time in the comments. I'm curious how many of us share the same one.

Facebook

Coffee in, wine out

Coffee to get going in the morning. A glass of wine to wind down at night. Repeat.

If that rhythm sounds familiar, you're in good company. Lots of women run their whole day on those two switches, one to wake up and one to switch off.

The trouble is, neither of them touches the reason you reach for them. If stress is wearing you down and sleep isn't refreshing you, the cycle keeps going.

I've been looking at another approach. Nutrition Blends Sleep & Energy Super Herb Formula combines adaptogens like Ashwagandha, which helps your body cope with daily stress, with herbs such as Hops and Valerian that promote sleep.

You take one capsule with breakfast, instead of a kitchen full of separate bottles.

It's 20% off on the page at the moment: `{{AFFILIATE_LINK}}`

So tell me in the comments: are you a coffee person, a tea person, or a "don't talk to me until I've had one" person?

18 posts for Facebook, Instagram, X and Pinterest (continued)

Facebook

The herb from the Middle Ages

Did you know Oat Straw has been used since the Middle Ages?

Long before energy drinks and sleep apps, people were turning to herbs. Today Oat Straw is valued for brain health, energy, normal mood and physical performance.

I found it on the ingredient list of Nutrition Blends Sleep & Energy Super Herb Formula, which has more than 18 vitamins, minerals and super herbs in it.

Bacopa for memory and concentration. Valerian root for sleep. Ashwagandha to help your body cope with daily stress.

They all come in one capsule, taken in the morning.

Take a look at the full list here (it's a long one):
`{{AFFILIATE_LINK}}`

Which old herbal remedy did your mum or grandmother rely on? I'd love to read them in the comments.

Facebook

The retired doctor's verdict

Kimberly Langdon M.D. is a retired physician from Ohio with 19 years of clinical experience and 10 years spent researching herbal and all-natural substances.

That's a lot of supplement labels.

So I paid attention when she wrote this:

"In all my research on supplements, I have never found one that contained this many proven anti-oxidants and adaptogens—all essential for living stress-free and healthy lives."

She's talking about Nutrition Blends Sleep & Energy Super Herb Formula. It has over 18 ingredients, taken as one capsule in the morning, to support calm, energy and better sleep.

Read the full ingredient list and make up your own mind:
`{{AFFILIATE_LINK}}`

When you buy a supplement, do you read the label first or trust the brand? I'm curious which camp most of you are in.

Facebook

When sleep changes in your 40s

Somewhere in their 40s and 50s, a lot of women notice their sleep changing. Falling asleep takes longer, staying asleep gets harder, and mornings feel heavier.

Hormones shift, and the old tricks stop working as well as they used to.

Nutrition Blends made their Sleep & Energy Super Herb Formula with women's hormone health in mind. It has adaptogens to help your body handle daily stress, 5-HTP (a step on the way to serotonin, which supports sleep and mood), and calming herbs like Skullcap and Passion Flower.

You take one capsule in the morning.

It's 20% off on the page right now:
`{{AFFILIATE_LINK}}`

If you're in this season of life too, say hi below. It helps to know you're in good company.

Instagram

Staring at the kettle at 3pm

3pm, and you're staring at the kettle like it owes you money.

If your energy drops off a cliff every afternoon, look at your nights as well as your days.

Poor sleep plus daily stress leaves your body running on empty by mid-afternoon.

Nutrition Blends Sleep & Energy Super Herb Formula is one capsule in the morning. Rhodiola and Panax Ginseng support energy, and calming herbs promote better sleep at night.

20% off on the page right now. Link in bio.

#womenshealth #naturalenergy #adaptogens #herbsforsleep #afternoonslump #stressrelief #sleepbetter #hormonehealth
Link: `{{AFFILIATE_LINK}}`

18 posts for Facebook, Instagram, X and Pinterest (continued)

Instagram

Hops have a second job

Hops are famous for beer. Their other talent gets far less attention.

They're a calming herb known to promote sleep, with no unwanted next-day side effects.

You'll find them in Nutrition Blends Sleep & Energy Super Herb Formula, alongside Valerian, Chamomile and Lemon Balm.

One capsule in the morning, and 20% off on the page right now.

Link in bio.

#hops #herbsforsleep #sleepbetter #naturalsleep #calm #herbfacts #womenswellness
Link: `{{AFFILIATE_LINK}}`

Instagram

One capsule, not six

Up to 6 capsules a day? No thanks.

Some supplement brands need that many. Nutrition Blends Sleep & Energy Super Herb Formula is one capsule in the morning.

Inside are B vitamins, Zinc, Magnesium, adaptogens and calming herbs, over 18 ingredients in total.

A bottle holds 30 capsules. It's one formula instead of a cupboard full of separate products.

20% off right now. Link in bio.

#morningroutine #supplements #womenshealth #adaptogens #sleepandenergy #hormonehealth #wellnessroutine
Link: `{{AFFILIATE_LINK}}`

Instagram

Ange Byrne on sleep

"Allowed me to get to sleep at night, stay asleep and wake the next day feeling refreshed."

That's Ange Byrne, author of The Power of Hormones, writing about Nutrition Blends Sleep & Energy Super Herb Formula.

She says she had tried sleep drops and sleep teas before, which had little effect.

She also noticed she could stay on top of her mood better and avoid those afternoon energy crashes.

One capsule in the morning, and 20% off on the page now.

Link in bio.

#hormonehealth #thepowerofhormones #sleepbetter #womenswellness #naturalsleep #energyboost
Link: `{{AFFILIATE_LINK}}`

Instagram

Why did I walk in here?

Ever walked into a room and forgotten why you went in?

When sleep is patchy and stress is high, focus is often one of the first things to slip.

Nutrition Blends Sleep & Energy Super Herb Formula includes Bacopa, used traditionally for memory and concentration, and B6 for learning, memory and mood. Calming herbs in the same capsule promote better sleep.

You take one capsule in the morning.

Link in bio.

#brainfog #focus #bacopa #womenover40 #naturalfocus #sleepbetter #stressrelief
Link: `{{AFFILIATE_LINK}}`

18 posts for Facebook, Instagram, X and Pinterest (continued)

X

3pm cliff

If your energy falls off a cliff at 3pm, look at your nights too. Nutrition Blends Sleep & Energy is one morning capsule with Rhodiola for stamina and calming herbs that promote sleep. 20% off right now: `{{AFFILIATE_LINK}}`

X

Coffee on, wine off

Coffee to switch on, wine to switch off. If that's your day, look at adaptogens that help your body cope with stress and herbs that promote sleep. One capsule each morning: `{{AFFILIATE_LINK}}`

X

Hops fact

Hops do more than make beer. They're a calming herb that promotes sleep with no unwanted next-day side effects. You'll find them in Nutrition Blends Sleep & Energy: `{{AFFILIATE_LINK}}`

X

One capsule, not six

Some supplements want 6 capsules a day. Nutrition Blends Sleep & Energy is one, taken in the morning, with 18+ vitamins, minerals and super herbs inside: `{{AFFILIATE_LINK}}`

X

Kimberly Langdon quote

Retired physician Kimberly Langdon M.D.: "In all my research on supplements, I have never found one that contained this many proven anti-oxidants and adaptogens..." See the formula: `{{AFFILIATE_LINK}}`

Pinterest

Herbs for sleep in one capsule

Pin title: Herbs for Sleep: 6 Calming Super Herbs in One Capsule
Looking for herbs for sleep that also leave room for energy in the day? Nutrition Blends Sleep & Energy Super Herb Formula combines Valerian root, Hops, Chamomile, Lemon Balm, Passion Flower and Skullcap with B vitamins and adaptogens. One capsule each morning, 20% off right now: `{{AFFILIATE_LINK}}`

Pinterest

Natural stress relief for women

Pin title: Natural Stress Relief for Women: Adaptogens in One Morning Capsule
Adaptogens like Ashwagandha help your body cope with daily stress, and L-Theanine, the amino acid found in tea, promotes calmness. Nutrition Blends Sleep & Energy brings them together in one capsule made for women's hormone health. See the full ingredient list: `{{AFFILIATE_LINK}}`

Pinterest

Magnolia bark and chamomile

Pin title: Magnolia Bark and Chamomile: Traditional Herbs for Calm
Magnolia bark has been used in Chinese tradition for centuries to support normal mood and wellbeing, and chamomile is known for reducing stress and promoting sleep. Find both in Nutrition Blends Sleep & Energy Super Herb Formula, a calming herbal supplement for women: `{{AFFILIATE_LINK}}`

45 opening lines in 15 angles

Use a hook as an email's first line, a post's first sentence or the first three seconds of a video. Test two hooks from the same angle against each other.

1 Tired and wired at night

- The bedroom light is off, the body is exhausted, and the brain has just started its night shift.
- Many women know the strange bedtime where they are too tired to read a page and too wired to close their eyes.
- A dark room, a soft pillow and a mind that won't switch off is a mix far more women live with than talk about.

2 The afternoon crash

- You know that moment at 3pm when the screen starts to blur and the biscuit tin calls your name.
- The second coffee at 3pm feels like a rescue, until the bill arrives at bedtime.
- A women's hormone author named the afternoon energy crash as one of the things that changed for her, and it wasn't the first thing she tried.

3 The coffee and wine loop

- Coffee to get going in the morning, a glass of wine to come down at night, and the same loop starts again tomorrow.
- For many women, the 7am coffee cup and the 9pm wine glass are doing two jobs the body used to do on its own.
- If the day runs on a kettle in the morning and a corkscrew at night, there is a gentler way to start and end it.

4 Too many supplement bottles

- Count the supplement jars in your kitchen cupboard, then add up what they cost you each month.
- Magnesium in one jar, B vitamins in another, ashwagandha in a third, and the afternoons still drag.
- A cupboard full of half-finished vitamin jars usually means someone went looking for one answer and ended up buying ten.

5 One capsule instead of six

- Six capsules a day is what many brands ask for, and one small capsule with breakfast is what this formula asks for.
- More than 18 vitamins, minerals and herbs packed into a single capsule raises a fair question about what made the cut.
- One capsule beside the morning cup of tea is the whole routine, and what's inside it is the interesting part.

6 Hormones after 35

- Somewhere after 35, many women find the body they knew starts keeping different hours.
- A women's hormone author in New Zealand tried most of the products on the market before she found one she now recommends to all her customers.
- The easy sleep of your twenties and the all-day energy of your early thirties often slip away in the same few years.

45 opening lines in 15 angles (continued)

7 Herbs grandmothers used

- Chamomile in a teacup, lemon balm by the back door, valerian root in a jar: grandmothers kept a calm cupboard long before shops sold sleep aids.
- Your grandmother's chamomile tea and a modern women's capsule have more in common than the label suggests.
- A kitchen garden from a hundred years ago would have grown several of the herbs now packed into one morning capsule.

8 Oat straw since the Middle Ages

- The stalk of an ordinary oat plant has been used since the Middle Ages, and it now sits inside a women's sleep and energy formula.
- Medieval households were using oat straw long before anyone had heard the word adaptogen.
- Oat straw sounds like something for a horse's stable, yet it earned its place in a formula made for women's energy and mood.

9 Hops beyond beer

- Hops are best known for flavouring beer, yet they turn up in a women's sleep formula with no alcohol anywhere near it.
- The same plant that goes into a pint of ale is in a morning capsule made for women who want better sleep.
- A hop flower does a very different job when it's nowhere near a brewery.

10 The retired physician's verdict

- A retired physician from Ohio spent 10 years researching herbal and natural substances, then wrote one sentence about this formula.
- "In all my research on supplements, I have never found one..." is how Dr Kimberly Langdon begins her verdict.
- Nineteen years in clinical practice and a decade studying herbs gave one doctor a very high bar for supplements.

11 Ange's sleeping tablet story

- Sleep drops, sleep teas and tablets from her doctor all let Ange Byrne down, and the tablets left her drowsy and exhausted the next day.
- An author in Christchurch, New Zealand had tried a prescription for her sleepless nights before she found something that worked for her.
- Ange Byrne wrote a book on hormones, yet her own nights were a problem that nothing on the shelf seemed to fix.

12 Mornings

- The alarm goes off, the feet hit the cold floor, and the body asks for ten more minutes it's never going to get.
- A morning that starts with three taps on the snooze button usually began going wrong the night before.
- One capsule beside the kettle at 7am is meant to prove its worth at 11pm.

45 opening lines in 15 angles (continued)

13 Calm with the kids

- Shoes by the door, a missing school jumper and an empty lunchbox at 8:05 is where patience gets tested.
- Plenty of mums love their kids to bits and still hear themselves snap over a bowl of spilt cereal.
- The school run, the after-school meltdown and the bath-time battle all land on the same tired woman.

14 Racing mind at bedtime

- Head on the pillow, and the brain starts replaying a conversation from ten years ago.
- A to-do list that writes itself at 11pm keeps plenty of women staring at the ceiling.
- Lights off, phone down, and that is the exact moment the mind decides to plan next week.

15 20% off and the value of one bottle

- A flash sale on the page takes 20% off right now, bulk deals included, and the bulk price per bottle is the part worth seeing.
- One bottle of this formula covers a shelf of separate supplements, and right now it's 20% off on top.
- Twenty percent off is nice, yet the bigger saving sits in the jars you stop buying.

NEWSLETTER ADS

Twelve five-line ads for ezines and solo ads

A headline, three lines of up to 60 characters and your link: the classic sponsor-slot size.

Tired all day and wide awake at midnight
One morning capsule with 18+ herbs, vitamins and minerals, made for women's sleep, energy and hormone health. See the full ingredient list:
{{AFFILIATE_LINK}}

One capsule a day instead of six
Many brands ask for up to six capsules a day. This women's formula packs 18+ ingredients into one. It's 20% off on the page right now:
{{AFFILIATE_LINK}}

A retired doctor's verdict on one formula
"I have never found one that contained this many
proven anti-oxidants and adaptogens." Read what
Dr Kimberly Langdon found inside it here:
{{AFFILIATE_LINK}}

Hops, valerian and chamomile in one capsule
Valerian, used for centuries for sleep, blended
with B vitamins and adaptogens for women's energy and calm. Ingredients and 20% off here:
{{AFFILIATE_LINK}}

For women who crash every afternoon at 3pm
Rhodiola, ginseng and B vitamins for energy, plus calming herbs that promote sleep at night.
One capsule each morning. See it here:
{{AFFILIATE_LINK}}

She tried sleeping tablets first
Hormone author Ange Byrne says this formula let
her get to sleep, stay asleep and wake refreshed.
Read her words and see the formula here:
{{AFFILIATE_LINK}}

Your vitamin cupboard, in one capsule
B vitamins, zinc, magnesium, ashwagandha and more: 18+ ingredients for sleep, mood and energy.
20% off right now on the page:
{{AFFILIATE_LINK}}

Medieval oat straw meets modern women
Oat straw, used since the Middle Ages, joins 18+
herbs and nutrients in one morning capsule for better sleep and steady energy. Take a look:
{{AFFILIATE_LINK}}

Help for women running on empty
Adaptogens help the body cope with daily stress.
This formula blends them with sleep herbs and B vitamins. One capsule a day. See it here:
{{AFFILIATE_LINK}}

When hormones shift, sleep often follows
A natural formula made to support women's hormone health, better sleep and steady energy.
One capsule each morning. 20% off here:
{{AFFILIATE_LINK}}

The mind that races at 11pm
L-theanine, lemon balm, passion flower and GABA
are known for promoting calm. All four are in this formula with valerian and hops. See it:
{{AFFILIATE_LINK}}

60-day returns on a women's herb formula
One capsule a day for sleep, energy and calm. 20% off on the page right now, and it ships internationally. Have a look here:
{{AFFILIATE_LINK}}

SHORT VIDEOS

Video ideas for Reels, Shorts and TikTok

30 to 60 seconds each. Film your hands, a kettle, herbs and the bottle picture; you never need to show your face. Put your hoplink in your bio. Four more ideas are in the affiliate area.

The six-bottle cupboard

HOOK (0-3S)
"This is what a sleep and energy cupboard looks like for a lot of women."

BEAT 1
Say "Magnesium here, B vitamins there, something for stress, something for sleep." / Show a hand lining up several different supplement jars on a kitchen bench.

BEAT 2
Say "Some brands ask for up to six capsules a day just for one blend." / Show six capsules counted out into a palm, one by one.

BEAT 3
Say "This women's formula puts more than 18 vitamins, minerals and herbs into one capsule, taken in the morning." / Show the Nutrition Blends Sleep & Energy bottle cut-out sliding in front of the jars.

BEAT 4
Say "B vitamins, zinc, ashwagandha, valerian, chamomile, lemon balm, and the list keeps going." / Show the ingredient names appearing as on-screen text over close-ups of loose herbs and tea.

BEAT 5
Say "It's made to support women's hormone health, sleep and energy, all from one bottle." / Show the jars being swept to the side, leaving only the one bottle.

CALL TO ACTION
"The full ingredient list and today's 20% off are at the link in my bio."

Hops are not just for beer

HOOK (0-3S)
"This plant is in nearly every pint of beer, and it's also in a women's sleep capsule."

BEAT 1
Say "These are hops, the green cones brewers use to flavour beer." / Show a close-up of dried hop cones in a bowl, or a stock shot of a hop vine.

BEAT 2
Say "Away from the brewery, hops are known as a calming plant." / Show a slow pan across a cup of herbal tea with hops beside it.

BEAT 3
Say "In this formula they're used to promote sleep, with no unwanted next-day side effects." / Show the Nutrition Blends Sleep & Energy bottle cut-out next to the hops.

BEAT 4
Say "They sit alongside valerian, chamomile, lemon balm and passion flower." / Show each herb name popping up over kitchen-shelf footage.

BEAT 5
Say "And no, there's no alcohol in it. It's one capsule, taken in the morning." / Show a single capsule placed beside a morning cup of tea.

CALL TO ACTION
"Every ingredient is listed at the link in my bio."

Video ideas for Reels, Shorts and TikTok (continued)

Oat straw since the Middle Ages

HOOK (0-3S)
"People have used this stalk since the Middle Ages, and it's now inside a women's energy formula."

BEAT 1
Say "This is oat straw, the green stalk of the oat plant." / Show a field of oats swaying, or a bundle of oat straw on a wooden table.

BEAT 2
Say "It's been used since the Middle Ages for energy, mood and brain health." / Show an old manuscript style text card with the words "Oat Straw, Middle Ages".

BEAT 3
Say "Today it's one of more than 18 ingredients in the Nutrition Blends Sleep & Energy formula." / Show the bottle cut-out appearing beside the oat straw.

BEAT 4
Say "Next to it you'll find rhodiola for stamina and ashwagandha to help the body cope with daily stress." / Show the herb names on screen over close-ups of dried roots and powders.

BEAT 5
Say "Old plants, one modern capsule, made for women's sleep and energy." / Show a hand taking one capsule from the bottle.

CALL TO ACTION
"Tap the link in my bio to see what else made it into the formula."

The 3pm crash

HOOK (0-3S)
"If 3pm hits like a wall, watch what one author wrote about her afternoons."

BEAT 1
Say "You know the moment the screen blurs and the biscuit tin starts calling." / Show a clock on the wall ticking towards 3pm, then a half-drunk coffee on a desk.

BEAT 2
Say "Ange Byrne, author of The Power of Hormones, used to get energy crashes in the afternoon." / Show her quote as on-screen text: "avoid those energy crashes that would often hit me in the afternoon".

BEAT 3
Say "She says this formula helped her avoid them, and stay on top of her mood too." / Show the Nutrition Blends Sleep & Energy bottle cut-out.

BEAT 4
Say "It has rhodiola for energy and stamina, ginseng to reduce fatigue, and a full range of B vitamins." / Show the ingredient names over footage of a kitchen bench in afternoon light.

BEAT 5
Say "And it's taken once, in the morning, with breakfast." / Show one capsule beside a breakfast plate.

CALL TO ACTION
"Ange's full story and the ingredient list are at the link in my bio."

FOR YOUR BLOG

Eight articles ready to publish

Written only for affiliates, so they are not copies of anything on nutritionblends.com. Each has a title, a meta description and two or three mentions of the formula with your link. Copy them from the Articles page of the affiliate area, as text or HTML, or download them all as one .zip.

1. **Fall Asleep Faster and Wake Up Clear: The Brewer's Flower and the Ancient Root Behind Calmer Nights**
   Two old plants have helped people drift off for centuries without a groggy morning. Meet hops and valerian, plus a bedtime routine you can start tonight.
   975 words
2. **7 Calming Herbs That Help a Busy Woman Switch Off at Last (Number 6 Comes With a Warning)**
   Seven calming herbs that help you unwind after a long day, how to use each one at home, and the one herb you should check with your doctor before taking.
   967 words
3. **The Indian Root Named After a Horse That Helps You Feel Calm and Full of Energy at the Same Time**
   Ashwagandha is an ancient Ayurvedic root that helps your body cope with daily stress. Here is how it works and how to get steady, calm energy every day.
   862 words
4. **Your Evening Chamomile Can Do Far More for Your Sleep, and It Starts With How Long You Let It Brew**
   Small changes that get more calm and better sleep from every cup of chamomile, plus the herbs that pair with it best for a calmer evening and a deeper night.
   833 words
5. **Calm Without the Drowsiness: The Clue Hiding in Your Mid-Morning Cup of Tea**
   Want to feel calm at work without feeling sleepy? See what a cup of tea, L-theanine and St John's Wort have in common, plus easy steps to try today.
   938 words
6. **Energy That Lasts Past 3pm, and the Three Old Herbs Behind It**
   Tired of the afternoon energy crash? Learn how Rhodiola, Panax Ginseng and oat straw support steady energy, plus daily habits that keep you going.
   825 words
7. **A Settled Stomach and a Settled Mind: What Magnolia Bark Has Offered for Centuries**
   Magnolia bark has been used in Chinese tradition for centuries to support mood, wellbeing and easy digestion. See how to add it to a calmer evening.
   781 words
8. **Sharper Focus in Midlife: The Old Memory Herb and the Vitamins Your Brain Runs On**
   Lost words, foggy afternoons and lists you forget? Learn how Bacopa and B vitamins support memory and focus in midlife, plus habits to try today.
   767 words

THE RULES

Promote it the right way

Breaking these can cost you your commissions. They protect your readers, your list and your ClickBank account.

Do

- Say the formula **supports** calm, sleep, mood and energy, in the words used in this pack.
- Tell readers you may earn a commission, near the top of any email, post, video or page.
- Mail only people who asked to hear from you, with a working unsubscribe link and your postal address.
- Quote Dr Kimberly Langdon and Ange Byrne word for word, with their name and title.
- Suggest that anyone pregnant, nursing or taking medication checks with their doctor first.
- Use the current prices from the page, and check them before you mail.

Do not

- Say it cures, treats or prevents any disease or condition, including depression, anxiety disorders or insomnia.
- Say it is "clinically proven" or "doctor recommended". Studies are about single herbs, never this formula.
- Invent results, timelines ("in 7 days"), reviews or testimonials, or claim results you have not had yourself.
- Add fake countdowns, "price goes up tonight" or "stock running out" lines.
- Spam: no bought lists, no unsolicited email, no posting in groups that ban promotion.
- Bid on Nutrition Blends brand terms in paid search unless we have agreed it in writing.
- Promote "Inner Peace Formula" with your hoplink: the link lands on Sleep & Energy, so name that product.

QUESTIONS OR A JV MAILING?

Email **support@nutritionblends.com** and put "Affiliate" in the subject. Our affiliate manager is Ange Byrne.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. ClickBank is the retailer of products on nutritionblends.com.