

## **I work night shift. When is the best time to take LERA for my schedule?**

LERA is a moderate stimulator of different body functions. Usually the best time to use LERA is in the morning with breakfast, this helps to maintain healthy homeostasis during the working day to keep mental and physical activity on the highest level.

For the people that work a night shift it is recommended to do the opposite, as for them evening from the work point of view means morning. In other words the best time to use LERA is with the last meal before going to work.

It is well known that work on a night shift has a negative impact to circadian cycles which eventually brings an increase of cortisol in blood, also consequences that result in more susceptibility of the body to the development of metabolic syndrome manifestations. Using LERA as an adaptogen remedy will help to diminish disturbance of circadian cycles and thus reducing the overall stress intensity and support adequate activity of the body within the night shift.

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