

Precision Sleep Program

Custom-compounded sleep formulas — prescribed by your doctor.



✓ NON-CONTROLLED · NO INSURANCE

Struggling to fall asleep — or stay asleep? The Medicine Shoppe now offers a physician-prescribed sleep program combining three non-habit-forming ingredients in one nightly capsule. Ask your doctor or pharmacist if the **Precision Sleep Program** is right for you.

How It Works



Melatonin

Resets your body clock so you fall asleep faster.



Trazodone (low dose)

Promotes deeper sleep and reduces nighttime waking.



Doxepin (low dose)

FDA-recognized aid that helps you stay asleep all night.

Optional Add-On: Magnesium Glycinate 800 mg — supports relaxation & may ease nighttime muscle tension.

Four Personalized Dose Levels

Low Dose	Standard	Standard Plus	High Dose
Gentle support for mild sleep difficulty.	Most popular — targets both falling & staying asleep.	For moderate or persistent sleep maintenance issues.	Maximum strength for significant ongoing disruption.

Pricing available - ask your pharmacist

Prescription required

Dispensed at our pharmacy

Is This Right for You?

- You have trouble falling asleep or wake during the night
- You want to avoid habit-forming or controlled sleep medications
- Standard sleep aids haven't worked well or caused side effects
- You'd like a doctor-supervised option at a predictable monthly cost

Ask your doctor about the Precision Sleep Program today.

The Medicine Shoppe · 1698 S Queen St, York PA 17403 · (717) 846-0500

Have your prescriber send a prescription — by phone, fax (717) 845-8767, or e-prescribe.