

NutriZzz's

Sleep Aid

Naturally gentle sleep aid.

What is NutriZzz's?

NutriZzz's is a combination of herbs that help to lower cortisol and calm the body, combined with calming amino acids to help you get your sleep back on track. Melatonin helps to reset sleep cycles.

Why take NutriZzz's?

This combination of herbs, calming amino acids and melatonin is a safe and effective product that helps to reset the sleep and wake rhythm. The combination helps to reduce the amount of time it takes to fall asleep and helps to minimize waking during the night. Valerian is a gentle herbal sedative which helps to promote sleep. Passionflower is an herb that helps with restlessness and insomnia due to mental stress. Melatonin helps to reduce the time it takes to fall asleep and helps to re-set the natural sleep and wake cycle if taken at the same time each night. 5-HTP is used by the body to make serotonin during the day and melatonin at night. Magnesium is a mineral that helps relax muscles including the cardiovascular system. It helps to promote sleep and avoid muscle cramps while sleeping. GABA and L-theanine are calming amino acids.

Who benefits from taking NutriZzz's?

Adults who have trouble sleeping would benefit from using NutriZzz's. It works best if taken at the same time each night, with a consistent sleep and wake time when possible. We recommend starting with 1-2 capsules 30 minutes before bedtime. If you are on any medications, please check with your pharmacist for any interactions before using.

Free of Common Allergens

NutriChem's NutriZzz's contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, soy, corn, wheat or yeast

Gluten Free and GMO Free

Medicinal ingredients per Capsule:

L-Theanine	100 mg
GABA	25 mg
L-5-HTP	50 mg
Valerian Root	100 mg
Passionflower	75 mg
Hops	50 mg
Melatonin	3 mg
Magnesium Bisglycinate	60 mg

Non-medicinal ingredients: magnesium stearate (vegetable source), Hypromellose (capsule ingredient).

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Directions: Take 1 to 2 capsules 30 minutes before bedtime.

Warning: Do not use before driving or operating machinery. Keep out of the reach of children. For freshness, store in a cool, dry place.

Known adverse reactions: Drowsiness. May cause grogginess in the morning. If that occurs, use less and/or take the product earlier. Check interactions with your pharmacist if you are on any medications.

Key Applications

Sleep (falling asleep and staying asleep)
Relaxation

Complementary Supplements

Mega Mag
Protein Powder
B Complex Essentials
XOS