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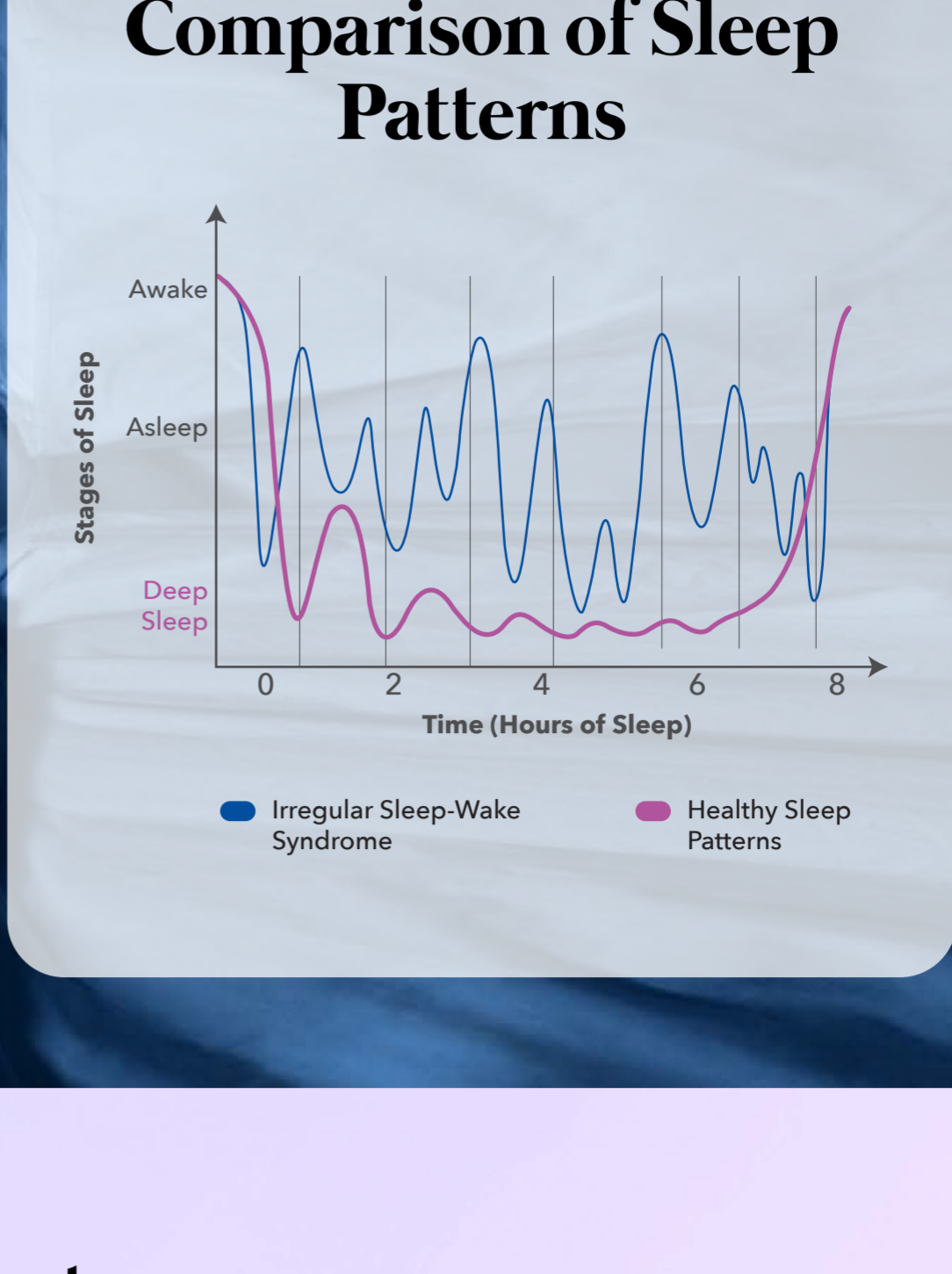
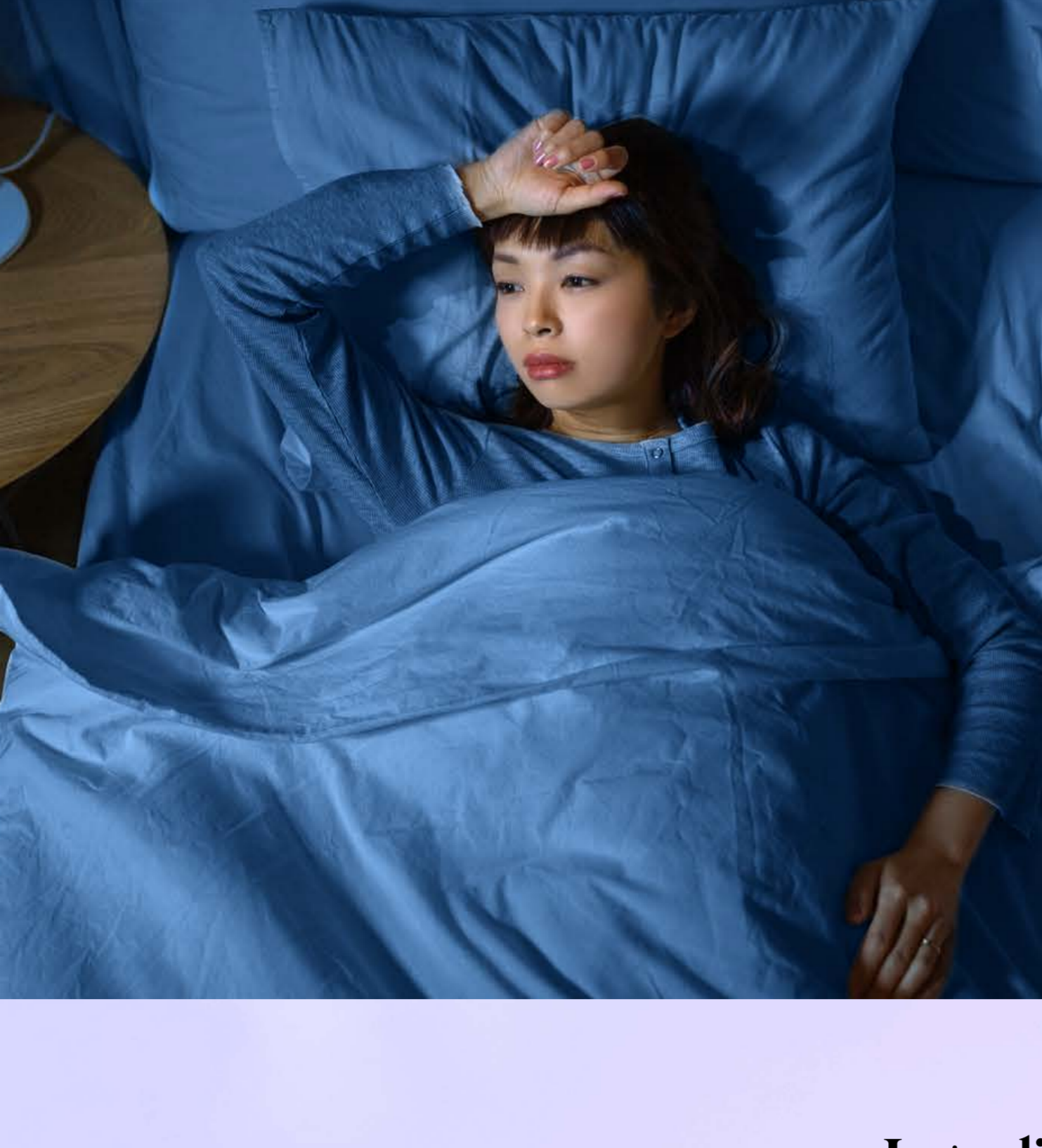
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2019
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Enhance your
Sleep *Quality*

Enhance Sleep Quality with SleepWell™

SleepWell™ Natural Sleep Aid is a scientifically tested formula that contains natural herbal extracts, Gamma Aminobutyric Acid (GABA), Magnesium, and Vitamins. It is a trusted sleep supplement designed to **improve the quality of sleep**. These ingredients act as natural relaxants and provide essential nutrients needed to **promote relaxation and ease nervous tension**, thereby **reducing** problems associated with sleep, such as **stress, insomnia, and jet lag**.



Ingredients



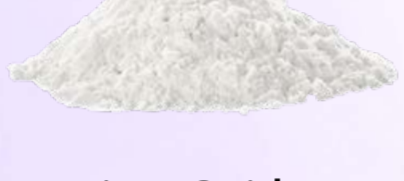
Valerian Extract

Valerian Extract is well known for its natural sedative properties which help to relax one's central nervous system, alleviate stress and anxiety, improve sleeping habits and reduce episodes of insomnia. Studies have also shown that Valerian can help to regulate stress levels and improve sleeping patterns.



Lemon Balm Extract

Lemon Balm is rich in antioxidants and has calming properties which help to promote healthy sleep patterns by reducing stress and anxiety. It is also used for medicinal purposes to address sleep disturbances such as restlessness and insomnia. Studies have shown that both Lemon Balm and Valerian Root can improve the quality of sleep by reducing anxiety and promoting relaxation.



Magnesium Oxide Powder

Magnesium is an essential mineral in our body, responsible for over 300 enzyme reactions in our bones, muscles, and brain. It is a natural tranquilizer that helps to relax the muscles, decrease discomforts associated with muscle cramps as well as improve the quality of sleep. Deficiency of magnesium can cause muscle cramps, anxiety, and insomnia.



Vitamin B6

Vitamin B6 plays an important role in our bodies by supporting adrenal function and maintaining hormonal balance. It ensures the proper functioning of our nervous system and immune system. Deficiency in Vitamin B6 may cause stress, anxiety, depression, and insomnia.



Thiamine

Thiamine, also known as Vitamin B1, is useful in maintaining a healthy heart, brain function, and a positive mood. Studies have shown that Thiamine can improve the quality of sleep by improving one's mood, energy, and alertness.



Hops Flower Extract

Hops contains powerful antioxidants and anti-inflammatory properties that help to relieve anxiety, induce relaxation and promote a better quality of sleep. It is also known to calm the nervous system by creating a feeling of relaxation through alleviating anxiety and nervous tension, thereby promoting better sleep quality and healthier sleeping patterns.



Gamma Aminobutyric Acid (GABA)

GABA is an important neurotransmitter in the central nervous system and is also a major inhibitory neurotransmitter in the brain. The inhibitory effects of GABA can help to reduce the activities of certain excitatory brain cells by inducing sedation and relieving anxiety to promote restful nights of sleep. Our brain typically produces sufficient GABA that the body needs. However, GABA levels decline with age, poor diet and illness. GABA deficiency can cause insomnia, anxiety, irritability, and depression.



Vitamin B12

Vitamin B-12 encourages healthy levels of melatonin production, a hormone responsible for promoting healthy sleep. It can also help to alleviate depression by working with a compound that helps to produce serotonin, the neurotransmitter responsible for relaxation. Studies have shown that deficiency in vitamin B12 can lead to abnormal mental symptoms such as muscle weakness, mood disturbances, and insomnia.



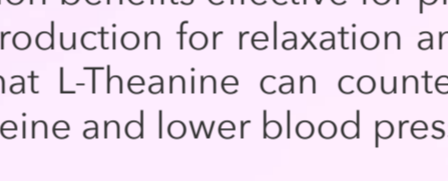
Vitamin D3

Vitamin D3 influences our body in many hormonal processes such as metabolism, digestion, cardiovascular health, fatigue, and sleep regulation. Studies show that a deficiency in Vitamin D3 may result in poor sleep, memory loss, depression, and heart diseases.



Folic Acid

Folic Acid, also known as Vitamin B9, is essential for healthy growth and development as it ensures proper nerve and brain functions. Sufficient Folic Acid can help to improve one's mood and memory capacity, thereby improving the quality of sleep.



L-Theanine 99%

L-Theanine has proven relaxation benefits effective for promoting better sleep quality. It works by stimulating GABA production for relaxation and promoting a healthier sleep pattern. Studies also show that L-Theanine can counteract the stimulatory effects of caffeine and lower blood pressure.

Please note: Images are for illustrative purposes only. SleepWell is certified vegetarian.

Benefits of SleepWell™



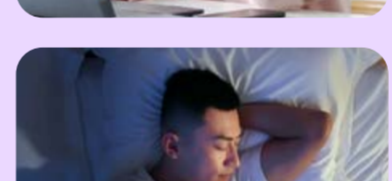
Reduce problems associated with sleep (e.g. Insomnia & jet lag)



Relieve stress & anxiety



Relieve fatigue & nervousness



Promote restful nights of sleep



Improve quality of sleep

Supplement Facts

Serving Size: 2 Veggie Capsule	Amount Per Serving	Capsules Per Container: 80 (500mg each)	% Daily Value
Valerian Extract	400 mg		*
Lemon Balm Extract	100 mg		*
Hops Flower Extract	100 mg		*
Gamma Aminobutyric Acid (GABA)	100 mg		*
Magnesium Oxide Powder	100 mg		*
Vitamin D3	400 IU		100%
Vitamin B6	2 mg		100%
Vitamin B12	20 mcg		333.3%
Thiamine	1.5 mg		100%
Folic Acid	400 mcg		100%
L-Theanine 99%	50 mg		*

Other Ingredients: Veggie Capsule

Melatonin-Free

*Daily Value not established

How are We Different from Others?

	Other Sleep Support Supplements	SleepWell™ Natural Sleep Aid
Source	Contains only single / few ingredients such as Valerian extracts, Vitamin B or Melatonin, etc	Contains 11 clinically proven nutrients such as natural herb extracts (Lemon Balm, Valerian & Hops Flower), Magnesium, Vitamin B6, B12 & D3, and GABA for improved sleep quality
Capsule	Hard tablet or Gelatin Vegetarian capsules that may contain Sodium Lauryl Sulphate (SLS)	100% plant cellulose vegetarian capsules
Result	Unknown.	Scientifically Tested.

Instructions



Directions of Use:
Take 1 to 2 capsules daily, 30 to 60 minutes before bedtime.

Storage:
Store in a cool dry place. Once protection seal is opened, keep refrigerated and best consumed within 2 months. Keep out of reach of children.

Precaution:
If you are nursing, pregnant, taking medication or have a medical condition, you should consult your health care specialist prior to using this product. Please do not drive after consuming SleepWell™.

Vegetarian-friendly. Made in USA.

FAQ

How soon will I be able to see results with SleepWell™?

You may experience improvements in your sleeping patterns within 1 to 14 days. However, do note that results may vary for each individual.

Will the long term consumption of SleepWell™ result in any side effects or reliance?

No known side effect or reliance on SleepWell™ has been observed. All ingredients in SleepWell™ are tested and approved to ensure safety, purity, and efficacy. It is therefore safe for long term consumption at the recommended dosage.

Can I take SleepWell™ with my prescribed medicine?

SleepWell™ acts as a supplementation to help individuals relax and improve their quality of sleep. However, we would recommend you to consult your health care specialist concerning drug interactions if you are taking any medication.