



Sleep Acceleration

THE ONLY SLEEP SUPPLEMENT ON THE MARKET USING THESE TOP FOUR INGREDIENTS TO HELP YOU GET TO SLEEP QUICKLY AND STAY SLEEPING THROUGH THE NIGHT *

A nutraceutical to support hormone regulation to calm the body and mind allowing for better sleep*

Sleep plays an essential role in your body's ability to get and stay healthy. Unfortunately, many people experience sleep problems and do not get the appropriate rest they need. Whether the problem is falling asleep, staying asleep, or getting into the stages of deep sleep, the body will be unable to recover optimally, and health may be compromised as a result.

Sleep Acceleration uses a combination of four amino acids that all support a function of the body's ability to fall asleep, get into deeper sleep or stay asleep longer, so you can wake up feeling rested.*

GABA (As PharmaGABA®)

- GABA is a neurotransmitter that interferes with nerve signals in the brain
- PharmaGABA® is a naturally occurring form of GABA that is produced using a fermentation process with bacteria
- GABA decreases nervous system activity calming the mind and body
- It reduces feelings of stress and anxiety
- GABA helps you fall asleep faster
- GABA helps you feel more rested when you wake

Glycine

- Glycine is an amino acid that the body produces naturally
- Glycine helps the body make serotonin, a hormone and neurotransmitter that has significant effects on sleep and mood
- High levels of glycine have been shown to help a person fall asleep quicker, increase sleep efficiency, and reduce symptoms of insomnia
- Glycine supplementation helps improve sleep quality allowing for a deeper and more restful sleep

Distributed by:

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L-Tryptophan

- L-Tryptophan is an essential amino acid that functions as a natural mood regulator
- It can be converted into 5-HTP which is used to make serotonin and melatonin
- These hormones help calm the mind and nervous system allowing you to fall asleep faster and stay asleep longer
- Supplementing with L-Tryptophan directly increases the body's levels of serotonin and melatonin, improving sleep

L-Theanine

- L-Theanine is an amino acid that is commonly found in tea leaves
- It is most known for helping the body get into a more relaxed state
- L-Theanine elevates levels of GABA in the body as well as serotonin and dopamine
- Increases alpha brain waves which are the most prevalent brain waves in people who are relaxed or drowsy

Supplement Facts

Suggested Use: As a dietary supplement, take 3 Capsules, 30 minutes before bedtime or as directed by your healthcare practitioner.

Serving Size 3 Capsules

Amount Per Serving

PharmaGABA®	100 mg
Glycine.....	500 mg
L-Tryptophan	1000 mg
L-Theanine.....	200 mg

Other Ingredients: Other Ingredients: Gelatin (capsule), Rice Flour, Magnesium Stearate

PharmaGABA® is a registered trademark of Pharma Foods International Co., LTD

Color of this product may vary due to color variations of the natural ingredients.

Warning: If taking medication for hypertension, or are pregnant or nursing, consult your healthcare practitioner before taking this product.

*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.