

WELLNESS WARRIOR™

Achieve Your Potential

Sleep Support

Promotes Relaxation and Supports a
Healthy Nervous System

RASPBERRY LEMONADE

Sleep Support Supplementation

Sleep Support is a comprehensive magnesium supplement designed to promote relaxation and support nervous system health.* This new and improved formula contains magnesium malate, the most bioavailable and effective form of magnesium that is gentler on digestion and more easily absorbed into the bloodstream.* With magnesium malate, more of this essential mineral is able to be used by the body to support critical functions, including cardiovascular health, blood pressure control, relaxation, and central nervous system health.* Unfortunately, most people do not consume enough magnesium through their diets, and it is estimated that 75% of Americans do not meet the recommended daily intake for magnesium.¹

Key benefits of the Sleep Support formula:

- Promotes relaxation and stress reduction*
- Supports electrolyte balance and muscle health*
- Supports overall nervous system health
- Supports cardiovascular health*
- Supports blood pressure already within a normal range
- Delicious raspberry lemon flavor

How Sleep Support Works

In addition to magnesium malate, Sleep Support combines critical nutrients, including amino acids L-theanine and taurine, with Myo-Inositol to support the nervous system.* L-theanine promotes calm and relaxed feelings by helping healthy nerve function.* Taurine plays a key role in nervous system health by binding to GABA (gamma-aminobutyric acid, another amino acid) receptors.*² Furthermore, Myo-Inositol is a carbocyclic sugar made from glucose closely related to the B-complex group and is a critical part of cell membranes that contribute to nerve function.* In some studies, lower levels of Myo-Inositol have correlated with impaired nerve function.³

Magnesium Malate

A form of magnesium made by combining magnesium and malic acid, which naturally occurs in foods such as grapes, watermelon, and broccoli.

Myo-Inositol

A vitamin-like substance involved in nervous system health that is essential for cell health and helps maintain the structure of cell membranes.* Myo-Inositol is a type of sugar synthesized by the kidneys. As a structural component of cell membranes, Myo-Inositol is required for healthy cell growth, structure, and function.* Myo-Inositol also acts as a secondary messenger (molecules released from the cell that deliver information to the target) in the brain for hormones serotonin and dopamine. This process supports mental health, calm feelings, and relaxation.*^{4,5}

Taurine

A conditionally essential amino acid that supports nerve health.

The Sleep Support Difference

Stress, diet, and other lifestyle factors all play a significant role in nervous system health and your ability to relax. Sleep Support provides optimal nerve support in a delicious and easy-to-take formula.* Sleep Support continually works to discover new ways to deliver the best healthful nutrients. Every heaping scoop of Sleep Support tastes delicious, is sweetened with calorie-free monk fruit, and is easy to incorporate into your healthy routine.



SERVING SIZE: About 1 Heaping Scoop

SERVINGS PER CONTAINER: About 60



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

*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.

Ingredients	Amount	%DV
Vitamin B6 (as Pyridocal-5-Phosphate)	5 mg	294%
Magnesium (as Magnesium Malate)	5 mg	48%
Myo-Inositol	2000 mg	**
L-Theanine (Suntheanine®)	100 mg	**
Taurine	500 mg	**

OTHER INGREDIENTS: Raspberry and lemon flavors, monk fruit extract.

DIRECTIONS: Dissolve one (1) heaping scoop into six (6) ounces of water. Drink one to two times daily or as directed by your healthcare practitioner.

CAUTION: If pregnant, nursing or taking any medication, please consult your healthcare practitioner before taking any supplement. Keep out of reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

REFERENCES:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5786912/>
2. <https://pubmed.ncbi.nlm.nih.gov/20804588/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6556969/>
4. <https://pubmed.ncbi.nlm.nih.gov/9247405/>
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