



SP9 Sleep Formula* Description

A 30-day supply of SP9 Sleep Formula* from Esprita's Balance line.

Formulated with tried-and-true herbal extracts, L-tryptophan, MSM, vitamin C, and melatonin for restful sleep.*

Get restful, satisfying sleep by taking only 2 capsules, one hour before bedtime.*

SP9 Key Benefits

- Helps with occasional sleeplessness.*
- Promotes restful, rejuvenating sleep.*
- Promotes the rapid onset of sleep.*
- Supports your body's natural transition into REM sleep.*
- Eases occasional tension and stress.*
- Natural, not habit forming.*
- Supports and maintains toned pharyngeal muscles for quiet, easy breathing while asleep.*

SP9 Features

- The SP9 formulation includes MSM (Methylsulfonylmethane) and vitamin C. They are both building blocks for the body's tissues, such as the uvula (fleshy part at the rear edge of the middle of the soft palate in your mouth), joints, cartilage, skin, hair, and nails.*
- Chamomile extract acts as a mild sleep aid and has been shown to promote general relaxation and reduce stress levels.*
- Valerian extract is included in the SP9 formula for its naturally-occurring phytochemical valerenic acid, which has sedative effects to gently soothe away tension.*
- Goldenseal extract helps support healthy breathing. This is important for quality sleep and nightly recuperation.*
- Passionflower extract works synergistically with all of the other ingredients in the SP9 formula. It not only promotes restful sleep, but also helps relieve occasional nocturnal muscle spasms and tension.*
- Peppermint extract helps to gently relax the body and ease you into REM sleep.*
- SP9 would not be complete without L-tryptophan. L-tryptophan helps increase serotonin levels, thereby making it easier to fall asleep and achieve good quality sleep.*
- In veggie capsules.

Key Active Ingredients

- MSM
- L-tryptophan
- Chamomile extract
- Passionflower extract
- Valerian extract
- Goldenseal extract
- Peppermint extract
- Melatonin
- Vitamin C

Uses & Notes

- Always read the label before use.
- Do not drive or use machinery for 5 hours after taking this product.
- Store in a cool, dry place.
- For adult use only.
- Keep out of reach of children.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as ascorbic acid) 75 mg	125%
Proprietary Blend 1.5 g	
MSM (Methylsulfonylmethane)	†
L-tryptophan	†
Chamomile extract (flower)	†
Passionflower extract (flower)	†
Valerian extract (root)	†
Goldenseal extract (root)	†
Peppermint extract (leaf)	†
Melatonin	†

†Daily Value (DV) not established.

Other ingredients: Vegetarian capsules (hydroxypropyl methylcellulose, water), magnesium stearate.

***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.**

