

Sleep Support



- Liquid capsule for maximum absorption
- Modulates GABA, and increases CNS relaxation
- Encourages the onset of tranquil sleep
- Promotes neurotransmitter inhibition in the CNS

Supports a Sense of Calm and Sound Sleep

Our *Sleep* formula is a gentle, natural way to assist with occasional sleeplessness. Studies suggest that the valerenic acid in valerian root might help calm the mind and promote relaxation, setting the stage for a blissful night's sleep. Valerenic acid is believed to support a tranquil state of mind through its interaction with the GABA-A receptors. Melatonin exists in the pineal gland of the brain and plays a vital role in helping the onset of sleep with a rapid, transient, and mild sleep-inducing effect.

Supplement	Facts
Serving Size 1 Capsule Servings	Per Container 60
Amount Per Serving	g % Daily Value
Liquid Botanical Extract Blend: 1,000 m	ng †
Valerian Root, O	†
Hops Strobiles, O	†
Fresh Skullcap Herb, O	†
Passion Flower Herb, 0	†
Chamomile Flower	
Fresh California Poppy Herb, O	
Melatonin (Standardized), 3 mg	†
+ - Daily Value Not Established	
0 - Certified Organic	

Other Ingredients: Non-GMO Soy Lecithin, Modified Vegetable Cellulose, Coconut Oil



Herbal Foundation of "Sleep"

VALERENIC ACID

Supports a tranquil state of mind through its interaction with the GABA-A receptors.

MELATONIN

Melatonin exists naturally in the pineal gland of the brain and plays a vital role in helping the onset of sleep with a rapid, transient, and mild sleep-inducing effect.

SKULLCAP

Helps attenuate symptoms of insomnia and calm nervous tension.

95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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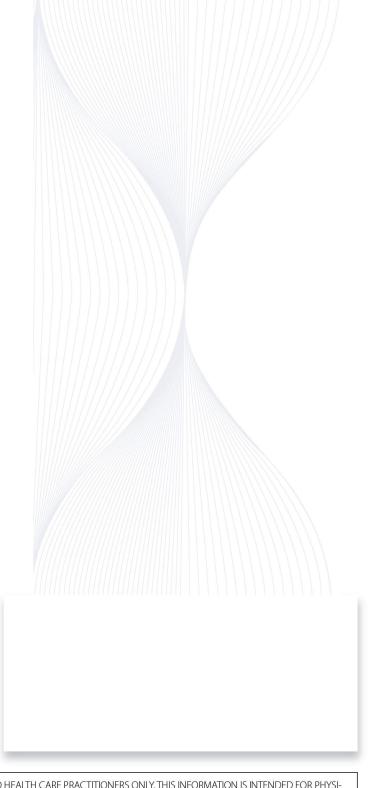


Supplementation

• Take one capsule as needed or 30 minutes before bedtime. Repeat if needed, or go to two capsules.

Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minute intervals, 2 4 times daily.
- In order to maintain optimal blood sugar levels, eat small frequent meals (on the order of six daily) that are balanced in protein and carbohydrates.
- Avoid known allergens.
- · Get plenty of rest.



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