

ANIRVA



- ▶ FALL ASLEEP FASTER, STAY ASLEEP LONGER\*
- ▶ NATURALLY CALMS THE MIND & BODY\*
- ▶ IMPROVES SLEEP QUALITY & DURATION\*
- ▶ WAKE REFRESHED WITHOUT GROGGINESS\*
- ▶ PROMOTES RELAXATION & TRANQUILITY\*



# SLEEP HARMONY™

with PROBIOTICS

SLEEP HARMONY™ is a scientifically formulated, natural sleep solution developed for those suffering from occasional sleeplessness. This non-habit forming supplement features a synergistic blend of 14 high-potency, scientifically-backed ingredients like ashwagandha, L-theanine, melatonin, magnesium, passionflower, GABA, chamomile, and valerian to safely induce deep, restorative slumber. By calming the nervous system and promoting a relaxed state of mind and body, Sleep Harmony™ helps reduce muscle tension, restlessness and nerve-related wakefulness without morning grogginess, allowing you to wake refreshed with an optimally functioning immune system.



Vegetarian



Proudly manufactured in the USA



Gluten Free



No GMO's



Dairy Free



Soy Free



\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## SLEEP HARMONY™



### MAGNESIUM

(as Magnesium Glycinate) Known to help reduce anxiety and support better sleep quality.



### L-THEANINE

An amino acid found in tea leaves that can promote relaxation without drowsiness.



### ASHWAGANDHA

An adaptogenic herb that can reduce stress and promote better sleep.



### VALERIAN

A popular herbal sleep aid that can improve sleep quality.



### LEMON BALM

An herb that may help reduce stress and anxiety, promoting better sleep quality.



### HOPS

An herb with calming and can aid in inducing sleep and improving sleep quality.



### GABA

(gamma-aminobutyric acid) A neurotransmitter that may help reduce stress and improve sleep.



### CHAMOMILLE

Known for its calming and sleep-inducing properties.



### 5-HTP

Helps increase serotonin levels, which can improve sleep onset and duration.



### PASSIONFLOWER

An herb with calming and can aid in inducing sleep and improving sleep quality.



### MELATONIN

A natural hormone that regulates the sleep-wake cycle.



### PROBIOTICS

Includes *Lactobacillus rhamnosus*, *Lactobacillus helveticus*, and *Lactobacillus brevis*, which may support a healthy sleep cycle.



## PROBIOTIC BLEND



### LACTOBACILLUS RHAMNOSUS

Probiotic strain that may help regulate sleep cycles and promote restful slumber.



### LACTOBACILLUS HELVETICUS

Calming probiotic that can support a relaxed state conducive to quality sleep.



### LACTOBACILLUS BREVIS

Probiotic known to aid in reducing stress and anxiety for better sleep.



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**Suggested Adult Use:** 2 capsules daily. Recommended by a healthcare practitioner.

## WHO CAN BENEFIT?

### ANYONE WHO:

- Seeks relaxation before bed.
- Needs a healthy sleep cycle.
- Desires a natural, non-habit forming sleep aid.
- Struggles with occasional sleeplessness or restless nights
- Wants to wake up feeling refreshed and energized.

### WARNING!

- Please consult with a healthcare professional before use if you are pregnant, breastfeeding, or individuals with known medical conditions.
- Avoid driving, operating heavy machinery, or consuming alcohol while taking this product.
- Keep out of reach of children. Consult a healthcare professional if you are experiencing long-term sleep difficulties.
- Keep out of reach of children.
- This product may be contraindicated for individuals taking corticosteroids.

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

	Amount Per Serving	%DV
Magnesium (as Magnesium Glycinate)	50 mg	12%
L-Theanine	200 mg	**
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 10% withanolides)	125 mg	**
Valerian ( <i>Valeriana officinalis</i> ) extract (root) (standardized to contain 0.8% valerenic acids)	100 mg	**
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	100 mg	**
Hops ( <i>Humulus lupulus</i> ) extract (aerial parts)	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**
Chamomille ( <i>Matricaria recutita</i> ) extract (flower)	50 mg	**
5-HTP (5 Hydroxytryptofan) (from <i>Griffonia simplicifolia</i> ) (Seed)	50 mg	**
Passionflower ( <i>Passiflora incarnata</i> ) extract (aerial parts) (standardized to contain 3.5% vitexins)	50 mg	**
Melatonin	5 mg	**
<b>Probiotic Blend</b>		
<i>Lactobacillus rhamnosus</i>	2 Billions CFU	**
<i>Lactobacillus helveticus</i>	2 Billions CFU	**
<i>Lactobacillus brevis</i>	2 Billions CFU	**

\*\*Daily Value (DV) not established.

Other Ingredients: Vegetable cellulose capsule, Microcrystalline Cellulose (Plant Fiber), Stearic Acid (Vegetable Grade), Silicon Dioxide, Rice Flour