

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

SLEEP HARMONYTM 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 HarmonyTM 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







*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 HARMONYTM



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.



VAI FRIAN

A popular herbal sleep aid that can improve sleep quality.



LEMON BALM

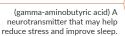
An herb that may help reduce stress and anxiety, promoting better sleep quality



HOPS

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







Known for its calming and sleep-inducing properties.



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



inducing sleep and improving sleep



An herb with calming and can aid in



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.



ACTOBACILLUS BREVIS

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



PROBIOTICS

sleep-wake cycle.

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



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

WHO CAN BENEFIT?

SLEEP HARMONY

romotes restful sleep*

with PROBIOTICS

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.

Serving Size: 2 Capsules Servings Per Container: 60

Servings Per Container: 00		
	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 (Humulus lupulus) extract (aerial parts)	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**
Chamomille (Matricaria recutita) extract (flower)	50 mg	**
5-HTP (5 Hydroxytryptofan) (from <i>Griffonia simplicifolia</i>)(Seed)	50 mg	**
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts (standarized to contain 3.5% vitexins)	5) 50 mg	**
Melatonin	5 mg	**
Probiotic Blend		
Lactobacillus rhamnosus	2 Billions CFU	**
Lactobacillus helveticus	2 Billions CFU	**
Lactobacillus brevis	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