



Sleep

Supports a sense of calm and sound sleep

Sleep is a gentle, natural formula to aid with occasional sleeplessness. Studies suggest that the valerenic acid in valerian root may help calm the mind and promote relaxation. Valerenic acid from organic valerian root is believed to support a tranquil state of mind through its interaction with Gaba-A receptors.

Melatonin is naturally produced in the pineal gland of the brain, and is pivotal in inducing rapid sleep in supplement form.

Formulation Features

- Liquid extract for quick absorption delivered in a convenient capsule form.
- Modulates GABA, and enhances CNS relaxation
- Promotes neurotransmitter inhibition in the CNS
- Organic skullcap calms nervous tension and attenuates insomnia



Formula

Each /Chaque vegi-capsule contains:

Liquid Botanical Extract Blend: 1000 mg	
Valerian root/racine (valeriana officinalis), O	300 mg
Hops Strobiles (humulus lupulus), O	200 mg
Fresh Skullcap herb, (scutellaria lateriflora), O	150 mg
Passion Flower herb (passiflora incarnata), O	150 mg
Chamomile flower (matricaria chamomilla)	100 mg
California Poppy Herb (eschscholzia californica), O	100 mg
Melatonin/Melatonine synthétique	3 mg

O = Certified Organic

Non Medicinal ingredients: Non-GMO soy lecithin
hypromellose vegi-capsule, coconut oil

Ingrédients non médicinaux: Non-GMO soy lécithine,
hypromellose vegi-capsule, huile de noix de coco

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

800-420-5801 • www.restorative.com



Supplementation

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

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals with protein to maintain optimal blood sugar levels
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY RESTORATIVE FORMULATIONS ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

800-420-5801

www.restorative.com