



Sleep

Supports a sense of calm and sound sleep



Supplement Facts

Serving Size 1 vegi-capsule Servings Per Container 60

Amount Per Serving	% Daily Value
Liquid Botanical Extract Blend: 1,000 mg	†
Valerian Root, 0	†
Hops Strobiles, 0	†
Fresh Skullcap Herb, 0	†
Passion Flower Herb, 0	†
Chamomile Flower, 0	†
Fresh California Poppy Herb, 0	†
Melatonin (Standardized), 3 mg	†
† - Daily Value Not Established	
0 - Certified Organic	

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



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

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The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.



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

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