

SLEEP

MELATONIN AND VALERIAN ROOT FORMULA



Product Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure, or prevent any disease.

Why Sleep?

Sleep is one of the most important roles in your physical health. Not only does sleep make you feel better and boost your mood, it plays a key part in creating a healthy lifestyle. Adequate sleep can be very beneficial to your heart, weight, mind, and more.

Sleep is involved in the healing of your heart and blood vessels. Many health issues are caused from sleep deficiency such as kidney disease, high blood pressure, diabetes, and stroke.

Sleep utilizes Melatonin and Valerian Root to help you get to sleep faster, maintain a healthy sleep cycle, and improve the quality of restful sleep so you wake up energized, rejuvenated and less fatigued in the morning. Our proprietary formula will give you the sleep that you need!

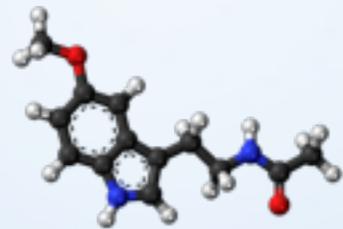


Sleep Ingredients



Valerian is a flowering plant, the root of which is dried and used as an herbal remedy. Valerian is most often used as an alternative medicine for insomnia in place of hypnotic drugs. It is also sometimes used as an alternative for sedatives, such as benzodiazepines, in the treatment of certain anxiety disorders.

The Valerian extract used in our Sleep spray is the perfect complement to melatonin to give you restful sleep. The melatonin with the valerian extract together is one of the most powerful natural sleeping aid combinations you can find for restful sleep.



Melatonin is a natural hormone made by your body's pineal gland. This is a pea-sized gland located just above the middle of the brain. Throughout the day, the pineal gland is inactive. And, when the sun goes down, the pineal is turned on which produces melatonin into the blood. When melatonin levels in the blood rise, the body feels less alert and sleep becomes more inviting.

Our Sleep spray has just the right amount of melatonin to help you fall asleep faster and feel more refreshed when you wake up!

Nutritional Facts

Net wt 28.5g (1.0 oz)

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Enjoy Deep Sleep.
Recharge Your Body.

MAINTAINS HEALTHY SLEEP CYCLE
ENHANCES QUALITY OF SLEEP
IMPROVES MORNING ALERTNESS

Supplement Facts	
Serving Size: 6 Sprays Servings Per Container: 33	
6 Sprays = 0.9 grams 33 Servings = 30.0 grams	
Amount per Serving %DV*	
Melatonin	5mg **
Proprietary Blend	3mg **
GABA, Valerian Root	
Sodium	0.26 mg 0.01%
† % Daily Value **Daily Value not established.	
Other Ingredients: Purified Water, EDTA, Glycerin, Natural & Artificial Flavors, Citric Acid, Potassium Sorbate, Sodium Benzoate, Sucralose Sweetener.	

Directions: Use 6 sprays daily, directly into the mouth. Use as desired.

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Keep out of the reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

Manufactured Exclusively For
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mydaily choice

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Sleep Benefits

- Maintains healthy sleep cycle
- Improves quality of sleep
- Enhances relaxation
- Increases calmness
- No groggy or drowsy feeling the next day