



Healthy Sleep*

A dietary supplement to support relaxation, muscle relaxation and normal sleep.*

Anxiety, stress and panic increases the body's flight or fight hormone, adrenaline. Adrenaline causes body-wide physiological changes and over time causes: increased free radical damage, changes in blood, promotes muscle tension, increased pre-menstrual symptoms, increased heart rate and blood pressure changes, as well as lowering the body's ability to cope when exposed to new stressors. This higher state of excitability also disrupts normal sleep patterns.

Healthy Sleep contains herbals that supports quality REM sleep and promote relaxation, which helps the body to cope with stress.* These herbs are rich in potassium, magnesium, calcium, and many trace minerals that support the nervous system and produce a calming effect.* Valerian supports circulation, proper muscle function and proper stress coping mechanisms within the body.* Passion Flower has natural calming effect on the body.* Hops helps reduce restlessness and supports the body to manage stress.*

B vitamins promote a restful state and help the body to cope with stress more efficiently.* They also support nervous system function as well as supporting neurotransmitter and hormone function.* Niacin supports circulation and promotes good serotonin levels for good sleep.* GABA supports normal brain function and when combined with Inositol has a natural calming effect.* Inositol helps to support REM sleep and may help improve sleep quality.* Vitamin B6 has been added to support the production of GABA and Taurine production in the body.*

GABA, Taurine and Glycine are amino acids that support relaxation.* High concentrations of Taurine are found in the heart, blood cells, muscles, and in the central nervous system, so supplementation supports a protective effect on the heart, brain, and muscles.*

Vitamins C and E are antioxidants and support immune system function.* Vitamin C helps to maintains adrenaline levels within normal ranges, has a calming effect on the body and helps the body to deal with stress.* Vitamin E also supports oxygen utilization in the brain.*

Calcium and Magnesium help support normal muscle function and support relaxation.* Selenium is a potent antioxidant. Nutritional deficiencies of selenium, calcium and magnesium can result in nervousness and anxiety.

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

Amount Per Serving

Niacin (as Niacinamide)	225 mg
Vitamin B6 (as Pyridoxine HCl)	45 mg
Pantothenic Acid	60 mg
Calcium (as Ca AAC)	300 mg
Magnesium (as Mg AAC)	300 mg
Inositol	300 mg
GABA (Gamma-Aminobutyric Acid)	300 mg
Taurine	300 mg
Glycine	225 mg
Valerian (Valeriana officinalis) 4:1 Root Extract	90 mg
Passionflower (Passiflora incarnata) Flower Powder	90 mg
Hops Flower Powder	45 mg

Other ingredients: microcrystalline cellulose, stearic acid, vegetable stearate, croscarmellose sodium, hydroxypropyl methylcellulose, silicon dioxide.

Contains: Soy.

Warning: Do not take this product if taking any MAO inhibitors or antidepressants. If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 to 3 tablets with a meal. At night, take 1 to 3 tablets one half to one hour before bedtime, or as directed by your healthcare practitioner.

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