

NATURAL ZZZ'S PRODUCT INFO SHEET



Description

Natural ZZZ's is a blend of herbal extracts to support those with occasional sleeplessness.

Ingredients

Many American's lead busy lifestyles, leaving little time to rest and unwind. Often times when our lives are hectic or stressful, our sleeping patterns can become disrupted and unbalanced.

There are natural plant extracts that have been found to help those who suffer from occasional sleeplessness, whether they need help falling asleep or staying asleep. Valerian root is one of the most widely known herbs used to help with sleep related issues. It has been found to produce a state of relaxation in many people. Passion flower and Jujube also have been used historically to produce a state of relaxation and have been used in those with anxiety. L-theanine is an amino acid that is found in green tea and is associated with giving green tea some of its soothing properties.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 15

2 capsules contain	Amount Per Serving	% Daily Value
Valerian Root Extract (Standardized to contain 0.8% Valerenic Acids)	450 mg	*
Jujube Seed Extract (Standardized to contain 2% Triterpene Saponins)	300 mg	*
Passionflower (aerial portion) Extract (Standardized to contain 3.5% Flavonoids)	200 mg	*
L-Theanine	100 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #521030 ~ 30 Capsules

ID #521060 ~ 60 Capsules

Dosage

SUGGESTED USE: 2 capsules one hour before sleep or as recommended by your health care professional.

Contraindications

Do not use this product if you are pregnant or nursing. This product contains the following potential allergen: corn.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.