

LIVE LIFE IN BALANCE

for the things you love to do and
the people you love doing them with



HarmonySleep.com

Live life in balance

Internal Harmony[®] is a sleep aid specifically formulated for a woman's unique needs. Formulated with melatonin and natural herbal extracts, Internal Harmony helps ensure a deeper more restful sleep while replenishing the body with magnesium and vitamins B6, B12, and D3.*

Why Internal Harmony Sleep?
Because Internal Harmony Sleep goes beyond other sleep aids. It contains melatonin but only as a starting point. With 5 other specific ingredient blends, Internal Harmony Sleep fully supports relaxation and what you need to fall asleep, stay asleep and help ensure recovery.*

Cautions: Do not use in conjunction with alcoholic beverages, driving or operating heavy machinery. *If you have a medical condition or are taking prescription drugs (anti-depressants, sedatives) consult your physician. • **KEEP OUT OF REACH OF CHILDREN**
• Do not use if inner seal is torn or broken
• Store at room temperature
• Do not use if pregnant or lactating

Suggested Use: For adults, take 1 capsule one hour before bedtime.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg 50%
Vitamin B12 (as Cyanocobalamin)	3 mcg 50%
Vitamin D3 (as Cholecalciferol)	400 IU 100%
Magnesium (as Magnesium Oxide)	125 mg 30%
Melatonin	2 mg **
Proprietary Blend	330 mg
Valerian Extract (root)	**
Dong Quai Extract (root)	**
L-Theanine	**
Chamomile Extract (flower)	**
Black Cohosh Extract (rhizome)	**
Chaste Tree Extract (fruit)	**
SHTP	**

**Daily Value not established

Other Ingredients: Vegi Capsule (Hydroxypropylcellulose), Magnesium Stearate, Cellulose

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11645 N Cave Creek Rd / Phoenix / Arizona / 85020
Adverse events may be reported to this address.
888-300-9181 / Hours: Sun - 5pm (AZ time) M-F

Relax* | Sleep* | Replenish*

You will enjoy the relaxing sensation Internal Harmony creates prior to falling into a deeper sleep.* There is satisfaction in knowing you have done something nice for your body. In return, you will appreciate the added vitality your body will have in the morning.*



We recognize there may be a small percentage of consumers that will not be completely satisfied with the results of this formula. To ensure 100% satisfaction, we offer a 60-day money back guarantee from the date of purchase.

Please Call 888-300-9181 for details.
Hours: 9am-5pm (Arizona time) M-F

HarmonySleep.com

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DREAMBRANDS



Sleep Aid

Relaxation* • Restful sleep*
plus replenishing vitamins



complete rest formula*

FOR OCCASIONAL SLEEPLESSNESS

NATURAL EXTRACTS

30 Vegi Capsules
Dietary Supplement

Complete Rest Formula

Internal Harmony contains
5 proprietary blends
specific to a woman's needs:

- ① Melatonin and Valerian have been shown to decrease the time it takes to fall asleep as well as improve sleep quality.*
- ② SHTP and Chamomile were added to help the body cope with stress and calm the stomach.*
- ③ L-Theanine provides physical and mental relaxation.*
- ④ Chaste Tree, Dong Quai and Black Cohosh make this formula unique to a woman's needs. These herbal extracts have been used in traditional medicines to help reduce PMS and menopausal symptoms.*
- ⑤ Internal Harmony's vitamin and mineral blend includes Vitamins D3, B6 and B12 supported by the mineral Magnesium.

Learn more at HarmonySleep.com

*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.

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