Zen Sleep with P5P and 5-HTP

Zen Sleep includes the same amounts of GABA and L-Theanine as the best-selling 200 mg of Zen, augmented with vitamin B6 as P5P, and 5-HTP, the precursor to serotonin and melatonin. The combination helps promote a relaxed state, and provides the necessary factors for the body to produce melatonin, supporting normal, healthy sleep.*

Suggested Use

As a dietary supplement, 2 capsules 30 minutes before bedtime, or as directed by a healthcare practitioner.

Warning: Not indicated for pregnant or nursing women. If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner.

*This statement has not been evaluated by the Food and Drug Adminstration. This product is not intended to diagnose, treat, cure or prevent any disease.

Suntheanine®

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Formulated exclusively for Allergy Research Group®
South Salt Lake, UT 84115
www.allergyresearchgroup.com
Phone: 800.545.9960

AllergyResearchGroup®

Zen Sleep

with P5P and 5-HTP



dietary supplement

HYPOALLERGENIC

60 vegetarian capsules

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	30

Amount Per Serving		% Daily Value*
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%*
GABA (Gamma-Aminobutyric Acid)	550 mg	†
L-Theanine	200 mg	†
L-5-Hydroxytryptophan	100 mg	†

† Daily value not established.
*Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Keep in a cool, dry place, tightly capped.

Rev. 005