

Rest-ZZZ™ Sleep Support*

- Calms the nervous system*
- Promotes natural circadian rhythms*
- Helps ease muscle tension*

LifeSeasons® Formulated for Life.

We create products that are formulated to address specific health concerns that commonly occur through all stages of life. We develop the most effective and potent combination of nutrients, using clinically-tested, natural ingredients that the body can easily absorb.

Manufactured for LifeSeasons®
708 Valley Ridge Circle, #3
Lewisville, TX 75057
www.lifeseasons.com
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Rest-ZZZ™ helps ease muscle tension, restlessness, and nerve-related sleeplessness.*

GABA – An important chemical within the brain that maintains balance and promotes a state of well-being*

Melatonin – A naturally-occurring hormone that aids with good sleep patterns*

Valerian – Supports the body's ability to achieve good sleep*

Passion Flower – Promotes the body's ability to manage stress with natural calming benefits*

Chamomile – Enhances natural relaxation*

*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.

R8.0717



LifeSeasons®

Rest-ZZZ

Sleep Support*

GABA
Melatonin
Valerian
Passion Flower
Chamomile

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules 30 minutes prior to going to sleep.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value**
Melatonin	1 mg	†
Valerian root extract (<i>Valeriana officinalis</i>) (4:1)	300 mg	†
Chamomile extract (<i>Matricaria recutita</i>) (4:1)	200 mg	†
Passion Flower extract (<i>Passiflora incarnata</i>) (3.5% [6.1 mg] vitexins)	175 mg	†
GABA (gamma-Aminobutyric acid)	100 mg	†
Hawthorne Berry (<i>Crataegus oxyacantha</i>)	100 mg	†
Lemon Balm leaf (<i>Melissa officinalis</i>)	50 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose (vegetable cellulose), microcrystalline cellulose, rice bran and silica.

DOES NOT CONTAIN artificial colors, gluten, preservatives, yeast, soy and milk.

GLUTEN FREE
VEGETARIAN FORMULA

NO MAGNESIUM STEARATE

DO NOT TAKE WITHOUT FIRST CONSULTING YOUR HEALTH CARE PROVIDER.

