



SLEEP AID

Vitamin and Herbal Formula

Proprietary blend designed to support improved sleep and waking refreshed*

30 Capsules

Dietary Supplement

Intended Use: As a dietary supplement, take 1 capsule a day with water 30-60 minutes before bed time. For best results, combine with an active lifestyle and proper nutrition.

Sleep Aid was formulated as a result of thousands of hours of research and dedication. Each ingredient has been chosen for its ability to improve sleep and allow you to wake feeling refreshed.*

*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.

Developed by and
manufactured for:

Life Renew
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Eagle, ID 83616

www.liferenew.com

Made in the USA



Directions: Take 1 capsule a day with water 30-60 minutes before bed time.

Supplemental Facts:

Serving Size: 1 capsules

Servings Per Container: 30

	Amount per serving	% DV*
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%
Magnesium (as Glycinate, Taurinate, Malate, Succinate, Citrate)	110 mg	28%
Zinc (from L-OptiZinc® Monomethionine)	20 mg	133%
5-HTP (5-hydroxytryptophan)(Griffonia simplicifolia)(Seed)	60 mg	*
L-Theanine	75 mg	*
Chamomile (Matricaria recutita)(Flower)	80 mg	*
GABA (Gamma-Aminobutyric Acid)	100 mg	*
Hops (Humulus lupulus)(Flower)	50 mg	*
Lemon Balm (Melissa officinalis)(Leaf)	90 mg	*
Passion Flower (Passiflora incarnata)(Flower)	30 mg	*
Melatonin	2 mg	*
Valerian (Valeriana officinalis)(Root)	20 mg	*

*Daily values not established

Other Ingredients: Gelatin (Capsule), Cellulose, and Magnesium Stearate.

Caution: Always consult your physician before starting a new dietary supplement. Consult a physician if you are pregnant or nursing. Use only as directed. Keep out of reach of children.