

Directions: Take two tablets on an empty stomach before bedtime.

From time to time most people have difficulty falling and/or staying asleep. Sleep-Eze™ contains a blend of herbs, melatonin, theanine and magnesium to help promote relaxation, support the body's own sleep cycle, and help you fall and stay asleep for a good night's rest.†

FREE of: Gluten, sugar, salt, milk, soy, yeast, wheat, lactose, citrus, egg, fish products, artificial coloring, flavoring, or preservatives.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

We at Viva are proud to use only the best food-based ingredients in our supplements. Our raw materials come from the USA, and we use only organic sources to ensure you're getting the best product possible, from the ground up!

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Los Angeles, CA | www.VivaVitamins.com

MADE IN THE USA • In God We Trust • Non-GMO

Manufactured in an NSF - GMP Certified Facility

†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.



SLEEP-EZE™



**All-Natural Sleep Aid with
Melatonin & Theanine**

**Naturally supports the body's own
sleep cycle†**

**We always use the highest quality
ingredients**

premium formulas • 60 tablets • dietary supplement

Supplement Facts

Servings per container: 30

Serving Size: 2 tablets

	Amount Per Serving	% DV**
Magnesium (as magnesium oxide)	200 mg	48%
Melatonin	3 mg	*
Valerian root extract (<i>Valeriana officinalis</i>) [standardized for 0.8% valerenic acids (4 mg)]	500 mg	*
GABA (gamma aminobutyric acid)	250 mg	*
Passion flower extract (<i>Passiflora incarnata</i>) (aerial parts) [Standardized for 3.5% flavonoids as isovitexin (4 mg)] [Equivalent to 250 mg of a 1.6% Extract]	114 mg	*
Hops powder (<i>Humulus lupulus</i>) (strobiles)	100 mg	*
Baical Scullcap root extract 8:1 (<i>Scutellaria lateriflora</i> L.) [Equivalent to 250 mg of a 4:1 extract]	125 mg	*
5-HTP (L-5-hydroxy-tryptophan) (<i>Gryffonia simplicifolia</i>) (seed)	50 mg	*
L-Theanine	200 mg	*

*DV not established. **% DV based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline cellulose, croscarmellose, clear aqueous coating.