

proper

Sleep + Calm

Get better sleep and reduce
everyday stress.*



60 Vegan Capsules

Sleep
Wellness 360*

Dietary Supplement

Sleep + Calm

Sleep + Calm builds on our Core formulation to help promote sleep health, reduce levels of everyday stress, and support a restful mind and body.

- Fall asleep faster + stay asleep
- Reduce everyday stress
- Contains L-theanine, a clinically-studied amino acid
- Natural, non-GMO, sugar-free, no artificial colors or binders

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount per serving	%DV
Valerian Root Extract (<i>Valeriana officinalis</i>) (std. to 0.8% Valerenic acid)	300mg	**
L-Theanine	200mg	**
SENSORIL® Ashwagandha Root and Leaf Extract (<i>Withania somnifera</i>) (std. to 10% Withanolides)	125mg	**
GABA (Gamma-Aminobutyric acid)	100mg	**
VENETRON® Rafuma Leaf Extract (<i>Apocynum venetum</i>) (std. to 4% of Hyperoside & isoquercitrin)	50mg	**

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose Capsule, Organic Rice Hulls Contains <2% Of: Ascorbyl Palmitate, Calcium Silicate

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