

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

Healing and recovery occurs when the body is at rest, making sleep crucial for overall health. Relieve-R PM is formulated to address aches and discomfort that may contribute to sleeplessness, without habit-forming ingredients.*



More about
our product!



**LifeSeasons
Inflammation**

Synergistic formulas tested
for purity and potency*

Springville, Utah
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Relieve-R PM eases nighttime aches and discomfort, relaxes muscles, and calms the nervous system.*

- **Melatonin** - a naturally-occurring hormone that supports healthy sleep patterns*
- **GABA** - a neurotransmitter that maintains balance and promotes a state of well-being*
- **L-Theanine** - supports brain waves that induce a state of relaxation*
- **White Willow** - traditional remedy for mild discomfort*
- **L-Tetrahydropalmatine** - eases muscle tension*

CAUTION: As with any dietary supplement, do not take without first consulting your healthcare practitioner, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

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*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.



LifeSeasons®

Relieve-R PM Nighttime Relief*

Melatonin

GABA

L-Theanine

White Willow

L-Tetrahydropalmatine

Dietary Supplement
46 Vegetarian Capsules

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

Supplement Facts

Serving Size: 2 capsules
Servings per container: 23

	Amount per serving	% Daily Value**
White Willow bark extract (<i>Salix alba</i>) (15% [30 mg] salicin)	200 mg	†
Fragrant Angelica root extract (<i>Angelica dahurica</i>)	100 mg	†
Acetyl-L-Carnitine HCL	100 mg	†
L-Theanine	75 mg	†
Chamomile flower (<i>Matricaria recutita</i>)	75 mg	†
Lavender flower (<i>Lavandula angustifolia</i>)	75 mg	†
Lemon Balm leaf (<i>Melissa officinalis</i>)	75 mg	†
GABA (gamma-aminobutyric acid)	50 mg	†
L-Tetrahydropalmatine (from <i>Corydalis yanhusui</i>)	50 mg	†
Melatonin	1 mg	†

† Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie diet

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

MADE WITHOUT artificial colors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy, milk, gluten, and magnesium stearate.

Vegetarian formula. Made in the U.S.A.

**WARNING: MAY CAUSE DROWSINESS
WHEN USED AS DIRECTED**

