

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

Sleep is crucial for nearly every system in the body—but not everyone wants melatonin in a sleep supplement. Rest-ZZZ Melatonin-Free is formulated with calming ingredients to support the body's natural circadian rhythm and promote restorative sleep.*



More about
our product!



**LifeSeasons
Mind & Sleep**

Synergistic formulas tested
for purity and potency*

Springville, Utah
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Rest-ZZZ™ Melatonin-Free
helps to relax nerves and muscles,
easing the body into restful sleep
without melatonin.*

- **Magnesium** - a mineral known to ease insomnia and muscle tension*
- **Chamomile** - an herb that enhances natural relaxation*
- **Passion Flower** - promotes the body's ability to achieve quality sleep*
- **GABA** - a neurotransmitter that maintains balance and promotes a state of well-being*
- **Valerian** - used in traditional practices to ease nervous tension and support sleep*

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.

*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.

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LifeSeasons®

Rest-ZZZ™ Melatonin-Free Calming Sleep Support*

Magnesium
Chamomile
Passion Flower
GABA
Valerian

Dietary Supplement
60 Vegetarian Capsules

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

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount per serving	% Daily Value**
Magnesium (as magnesium amino acid complex) (100 mg)	100 mg	25%
Chamomile flower extract (<i>Matricaria recutita</i>) (4:1)	200 mg	†
Passion Flower aerial extract (<i>Passiflora incarnata</i>) (3.5% [6.1 mg] flavonoids)	175 mg	†
GABA (gamma-aminobutyric acid)	100 mg	†
Hawthorn fruit (<i>Crataegus oxyacantha</i>)	100 mg	†
Valerian root extract (<i>Valeriana officinalis</i>) (4:1)	100 mg	†
Lemon Balm leaf (<i>Melissa officinalis</i>)	50 mg	†

† Daily Value not established.

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

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

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**

