

LifeSeasons™

NATURE WORKS. SCIENCE PROVES IT.™

Sleep is crucial for overall health and wellness. Rest-ZZZ™ supports the body's natural circadian rhythm and can help ease mental and physical tension.*



More about
our product!

LifeSeasons Mind & Sleep

Synergistic formulas tested
for purity and potency*

Springville, Utah
www.lifeseasons.com
1(877)455-2826
© 2020 LifeSeasons



8

53760 00216

2

Rest-ZZZ™ helps ease muscle tension, restlessness, and nerve-related sleeplessness.*

- **GABA** - a neurotransmitter that maintains balance and promotes a state of well-being*
- **Melatonin** - a naturally-occurring hormone that supports healthy sleep patterns*
- **Valerian** - helps the body ease into restful sleep*
- **Passion Flower** - promotes the body's ability to achieve quality sleep*
- **Chamomile** - enhances natural relaxation*

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.

Rev. 03.20

*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™

Rest-ZZZ™ Sleep Support*

GABA
Melatonin
Valerian
Passion Flower
Chamomile

Dietary Supplement
60 Vegetarian Capsules

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

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value**
Valerian root extract (<i>Valeriana officinalis</i>) (4:1)	300 mg	†
Chamomile flower extract (<i>Matricaria recutita</i>) (4:1)	200 mg	†
Passion Flower extract (<i>Passiflora incarnata</i>) (3.5% [6.1 mg] flavonoids)	175 mg	†
GABA (gamma-aminobutyric acid)	100 mg	†
Hawthorn Berry (<i>Crataegus oxyacantha</i>)	100 mg	†
Lemon Balm leaf (<i>Melissa officinalis</i>)	50 mg	†
Melatonin	1 mg	†

† Daily Value not established.

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**

