

Warning: Do not take if you are pregnant, nursing, if you have or are taking medication for epilepsy, scleroderma, or Parkinson's disease or if you are taking anti-depressants. If you suffer from GI disorders such as ulcers, irritable bowel syndrome, Crohn's disease, ulcerative colitis, or celiac disease, you should not use 5-HTP. If you are taking sedatives, tranquilizers, or other medications, consult a healthcare professional before use. Avoid alcohol and do not drive or operate machinery while taking this product as it may cause drowsiness. Some individuals may experience gastrointestinal (GI) upset including abdominal cramping, nausea, or diarrhea while taking this product. If discomfort persists discontinue use.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Dr. Teitelbaum's royalties are donated to charity. www.jacobteitelbaum.com

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(previously branded Enzymatic Therapy, LLC)
Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

SINCE 1969 Nature's Way 1969

Fatigued to Fantastic!

Revitalizing SLEEP Formula

Promotes Relaxation and Restful Sleep*

DIETARY SUPPLEMENT
90 VEG CAPSULES

Restful Sleep, Wake Refreshed!*

It's important to get adequate rest so your body has time to relax and rebuild. **Fatigued to Fantastic!™ Revitalizing Sleep Formula** restful sleep blend:

- Helps you fall asleep more easily and maintain a healthy sleep cycle*
- Improves the quality of restful sleep*
- Is an herbal sleep aid*

This formula was designed with **Jacob Teitelbaum, M.D.**, recognized fatigue expert and author of *From Fatigued to Fantastic!*™



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GLUTEN FREE. No yeast-derived ingredients, wheat, soy, dairy, or artificial colors, flavors, or preservatives.

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Suntheanine® is a registered trademark of Taiyo International, Inc.

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Vitality is as Easy as 1, 2, 3!



Check out these other products in the Fatigued to Fantastic!™ family for your energy support needs*:

- Fatigued to Fantastic!™ Energy Revitalization System™
- Fatigued to Fantastic!™ Daily Energy B Complex
- Fatigued to Fantastic!™ Adrenal Stress-Eid™
- Fatigued to Fantastic!™ End Pain™



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Recommendation: Adults take 1 capsule 30-60 minutes before bed. For intensive use: Adults may take up to 4 capsules 30-60 minutes before bed or as recommended by a healthcare professional. May use in combination with Fatigued to Fantastic!™ Energy Revitalization System™ supplement.

Supplement Facts

Serving Size 4 Capsules	Servings per Container 22	
Amount per Serving		% DV
Total Carbohydrate	1g	<1%
Valerian Root Extract standardized to 0.8% valeric acids (6.4 mg)	800 mg	**
Passionflower Leaf and Flower Extract (from Griffonia simplicifolia Seed)	360 mg	**
5-HTP (L-5-Hydroxytryptophan)	200 mg	**
L-Theanine (Suntheanine®)	200 mg	**
Hops Flower Extract	120 mg	**
Lemon Balm Leaf Extract	80 mg	**

1Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), magnesium stearate, silica

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Reclaim Your Energy, Reclaim Your Life!



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