

Zen Sleep with P5P and 5-HTP

Zen Sleep includes the same amounts of GABA and L-Theanine as the best-selling 200 mg of Zen, augmented with vitamin B6 as P5P, and 5-HTP, the precursor to serotonin and melatonin. The combination helps promote a relaxed state, and provides the necessary factors for the body to produce melatonin, supporting normal, healthy sleep.*

Suggested Use

As a dietary supplement, 2 capsules 30 minutes before bedtime, or as directed by a healthcare practitioner.

Warning: Not indicated for pregnant or nursing women. If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner.

Keep in a cool, dry place, tightly capped.

Suntheanine®

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

*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.



Formulated exclusively for Allergy Research Group®
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AllergyResearchGroup®

Zen Sleep with P5P and 5-HTP



dietary supplement
HYPOALLERGENIC
60 vegetarian capsules

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value*
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Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg 588%*
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GABA (Gamma-Aminobutyric Acid)	550 mg †
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Suntheanine® L-theanine	200 mg †
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L-5-Hydroxytryptophan	100 mg †
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† Daily value not established.

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

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