

USAGE: Take 2 capsules 20 to 30 minutes prior to bedtime or as directed by your qualified healthcare professional.

WARNING: Do not drive or operate machinery immediately following use of this product.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease, or if taking MAO inhibitors such as iproniazid); if adverse reactions occur, discontinue use.

Jarrow Formulas® Sleep Optimizer® combines herbs and amino acids that work together to facilitate falling asleep and maintaining a regular sleep cycle.* Gamma-aminobutyric acid (GABA), lemon balm, and L-tryptophan promote relaxation.* The combination of valerian and hops has been studied for reducing latency (the delay before entry into sleep).* Melatonin, a brain hormone, sets the sleep-wake clock and signals entry into sleep.*

Keep out of the reach of children.

Store in a cool, dry place; keep lid tightly closed.

*** 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.**



01421SLP60

PROD # 129049

© 2021 **Jarrow FORMULAS®**

Lot #. Best Used Before:



Sleep

Optimizer®

**PROMOTES RELAXATION*
AND A HEALTHY SLEEP CYCLE***



60 VEGGIE CAPS



**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	
Valerian Root Complex (<i>Valeriana officinalis</i>)	400 mg †
L-Tryptophan	300 mg †
Hops Strobile Complex (<i>Humulus lupulus</i> L.)	100 mg †
Lemon Balm Leaf Complex (<i>Melissa officinalis</i>)	100 mg †
Gamma-Aminobutyric Acid	100 mg †
Melatonin	0.3 mg †
† Daily Value (DV) not established.	

Other Ingredients: Maltodextrin, vegetarian capsule (hydroxypropylmethylcellulose, water), silicon dioxide and magnesium stearate (vegetable source).
Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

APPROX.
FILL LINE