

REAL. CLEAR. EASY.

Doctor-developed sleepyhead formula for deep, dreamy sleep and fuzz-free mornings.*

LifeBiome Rise

SLEEP TIGHT SLEEP FORMULA

Fall asleep faster, stay asleep longer, and wake feeling rested*

CONCENTRATED MICROBEADLETS IN
COLD-PRESSED HEMP SEED OIL

Dietary Supplement | 30 Vegan Capsules

LifeBiome Rise SLEEP TIGHT

Simple, science-backed, feel-good nutrition with vegan and non-GMO ingredients, including immediate-release and extended-release melatonin, promotes soothing relaxation and deep, restful sleep.



DAIRY FREE



EGG FREE



FISH FREE



SOY FREE



PEANUT FREE



SHELLFISH FREE



VEGAN



GLUTEN FREE

Doctor's Suggested Use: Take 1 vegan capsule 60 minutes prior to bed. For added support, take 2 capsules 60 minutes prior to bed.

Supplement Facts

Serving Size: 1 Vegan Capsule
Servings Per Container: 30

Amount per Serving	% DV
Nightly Relaxation Blend	40175 mg *
Hemp Oil (seed)	400 mg *
Lavender Essential Oil (aerial parts)	1 mg *
Melatonin	0.75 mg *
VidaSpheres® Extended Release Slumber Blend	10125 mg *
Gaba Aminobutyric Acid (GABA)	100 mg *
Melatonin	1.25 mg *

*Daily Value (DV) not established.

Other ingredients: Hypromellose, microcrystalline cellulose, maltodextrin, blueberry powder (color), silica

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

UNCONDITIONALLY GUARANTEED for purity and potency. To preserve quality and freshness, store box in a cool, dry place.

Precautions: For adult use only at bedtime. Consult a health care practitioner if you are pregnant or nursing, have a serious medical condition, or use any medications. Do not use alcoholic beverages, drive, or operate heavy machinery while taking this product.

Keep out of reach of children.

Due to the nature of these ingredients, color variation over time may occur.

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Using the science and technology of tomorrow to make staying healthy a little easier today.

LifeBiome Rise
SLEEP TIGHT

Almost Out? Call
1-888-303-7061 or
visit healthydirections.com
Choose **REFILL & SAVE**,
Get Free Shipping Forever

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*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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