

Fall asleep faster and stay asleep longer. Healthy sleep can often be disrupted by everyday stress, and sometimes melatonin alone is not enough.

This powerful formula contains Ashwagandha, 5-HTP, and L-Theanine to help promote relaxation and to support a healthy sleep cycle.* GABA works synergistically with L-Theanine to improve sleep quality and duration.* Sweet dreams.

Supports

- Overall sleep quality and duration*
- A positive mood*
- A healthy sleep cycle*

***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.**

Manufactured for **Doctor's Best, Inc.**
California, 92612 USA

(800) 777-2474 www.drbrvitamins.com

SENSORIL® is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478, and is a registered trademark of Natreon, Inc.

AlphaWave® is a registered trademark of Ethical Naturals, Inc.



YDRB520

Dietary
Supplement

Doctor's
BEST®

Science-Based
Nutrition™

Superior
Sleep

with **Sensoril**®
ALPHAWAVE®

5 EFFECTIVE INGREDIENTS FOR
QUALITY SLEEP & RELAXATION*

60 Veggie Caps 

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 30

	Amount Per Serving	%Daily Value
Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root and Leaf Extract	250 mg	†
5-HTP (5-hydroxy-L-tryptophan) (from <i>Griffonia simplicifolia</i> extract) (seed)	200 mg	†
L-Theanine (from AlphaWave®)	200 mg	†
Gamma-Aminobutyric Acid (GABA)	100 mg	†
Melatonin	5 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose (vegetarian capsule), microcrystalline cellulose, silicon dioxide, maltodextrin, stearic acid.

Suggested Adult Use: Take 2 capsules before sleep, or as recommended by a nutritionally informed physician.

WARNING: Not intended for pregnant, lactating women, or individuals under the age of 18. If you have a medical condition or taking medications, consult a physician before taking this product. Do not use before or while operating a motor vehicle or heavy machinery. Keep out of reach of children.

Non-GMO / Gluten Free / Soy Free / Vegan

This product contains natural ingredients that may vary in color. Store in a cool dry place.