

SUGGESTED USE

Take 3 capsules with 8-12 fl. oz. of water, 30 minutes prior to sleeping.

BENEFITS

SleepOne contains a carefully crafted blend of premium ingredients that promotes restful sleep.*

Melatonin and Magnesium pair together to promote healthy sleep cycles and improve muscle recovery after exercise.*

Valerian Root and GABA enhance feelings of calmness and relaxation before bedtime.*

Coleus forskohlii and Guggul Lipid Extract increase energy expenditure while you sleep to aid in weight loss.*

WARNINGS

Do not exceed recommended dosage listed. Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

KEEP OUT OF REACH OF CHILDREN.
KEEP IN A COOL, DRY & DARK PLACE.

* 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.

 NUTRAONE

SLEEP ONE

SUPPORTS RESTFUL SLEEP*
PROMOTES RELAXATION*
IMPROVES RECOVERY*

NIGHTTIME FORMULA*
90 CAPSULES

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Magnesium (as Magnesium Aspartate)	35 mg	8%
Zinc (as Zinc Aspartate, Zinc Monomethionine)	2 mg	18%
PROPRIETARY BLEND	1,519 mg	
GABA (Gamma-Aminobutyric Acid)		↑
L-Carnitine L-Tartrate		↑
Coleus forskohlii Root Extract (1% Forskolin)		↑
Guggul Lipid Extract		↑
Valerian (Valeriana officinalis) Root Extract		↑
Melatonin		↑

† Daily Value (DV) Not Established

OTHER INGREDIENTS: Gelatin Capsule (Titanium Dioxide, FD&C Blue #1, FD&C Red #3), Silicon Dioxide, Magnesium Stearate, Glucose Polymers

MANUFACTURED FOR & DISTRIBUTED BY:

NUTRAONE NUTRITION

AUSTIN, TX • 800.270.2849



Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

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