

SUGGESTED USE: Take one (1) capsule daily before sleep or as directed by a healthcare practitioner.*

Caution: Keep out of reach of children. Pregnant or lactating women and those undergoing treatment for a medical condition should consult a physician before taking this supplement.

Do not use if outer seal is missing or damaged. Store in a dry, cool 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.



LES LABS®



www.leslabs.com



REST & RENEW

Dietary Supplement with 5-HTP & Phosphatidylserine

- Promotes restful sleep & rejuvenation*
- Helps reduce stress & promotes relaxation*
- Supports a healthy sleep-wake cycle*

60 capsules

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxine HCl)	5 mg	294%
Magnesium (as Magnesium Glycinate)	30 mg	7%
Ashwagandha Root Extract (min. 2.5% Withanolides)	150 mg	**
L-Theanine	100 mg	**
5-HTP (5-Hydroxy L-Tryptophan) (from Griffonia simplicifolia Seed Extract)	50 mg	**
Phosphatidylserine (from Non-GMO Sunflower Lecithin)	35 mg	**
Melatonin	0.3 mg	**
** Daily Value not established		

Other Ingredients: Vegetarian Capsule (Hypromellose), Organic Rice Bran Powder

MANUFACTURED IN THE USA FOR LES LABS, INC. LOS ANGELES, CA 91789. (877) 567-5370