

THORNE

# Sleep +

Wild Blueberry

Dietary Supplement

 Nutrient Discs

Ready to  
use in 3-2-1.

Your ticket to  
dreamland.

Each blueberry-flavored,  
water-soluble disc features  
a blissful blend of bedtime  
ingredients: L-theanine,  
melatonin, and chamomile.

# Sleep+

Ready to use  
in 3-2-1.

- 03**  
Drop disc in 
- 02**  
Stir/shake until dissolved 
- 01**  
Enjoy 

## SUPPLEMENT FACTS

Serving Size: One disc  
Servings Per Container: 15

| One disc contains:                                               | %DV      |
|------------------------------------------------------------------|----------|
| L-Theanine†                                                      | 200 mg * |
| Chamomile extract (flowering top) ( <i>Matricaria recutita</i> ) | 100 mg * |
| Melatonin                                                        | 1 mg *   |

\*Daily Value (DV) not established.

### Other Ingredients

Cellulose Powder, Glycerin (Vegetable Source), Quillaja Extract, Pullulan, Oat Fiber, Spirulina Extract (Color), Xylitol, Purified Water, Flavors, Stevia Extract (Leaf) (Rebaudioside A 95%), Citric Acid, Carboxymethylcellulose Gum.

Drop one disc in 4-6 oz. preferred liquid, let disc dissolve, then stir well. Drink 30 minutes before bedtime, or as recommended by your health professional.

### Warning

If pregnant or nursing, do not use this product.

This product uses Taiyo International's Suntheanine® (L-Theanine). Suntheanine is a registered trademark of Taiyo International, Inc.

If disc is broken, drop all pieces into liquid for full effect. Efficacy will not be impacted.

Manufactured by Thorne Research, Inc. / 1-800-228-1966

The real deal



Thorne exclusive



Recyclable carton



No plastic



No gluten



No dairy



No soy



Zero sugar



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