

RUNNER'S SLEEP RECOVERY

Running can put quite a bit of stress on your muscles and sleep is known to be the most effective period of muscle recovery. That's why we created Runner's Sleep Recovery. Gentle, natural sleep aids promote a restful night's sleep while high quality amino acids promote muscle recovery and growth. Wake up refreshed and ready to hit the road.

SUPPORTS RESTFUL SLEEP **AIDS IN RECOVERY** **GENTLE ON YOUR STOMACH**

— **/// CAUTION ///** —

For use by healthy adults only, not recommended for persons under the age of 18. Do not use if you are pregnant or nursing. Seek advice from a healthcare professional before taking if you have any preexisting medical condition to ensure it is safe to take this product. In case of accidental overdose, contact a poison control center immediately. **KEEP OUT OF THE REACH OF CHILDREN.**

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.



RUNFIT
NUTRITION

RUNNER'S SLEEP RECOVERY

DIETARY SUPPLEMENT

FORMULATED
IN THE USA

60 CAPSULES

RECOVERY

- NATURAL SLEEP AID & AMINO ACIDS
- PROMOTES A RESTFUL NIGHT'S SLEEP
- AIDS IN MUSCLE RECOVERY



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Choline (as Choline Bitartrate)	342 mg 62%
Magnesium (as Magnesium Citrate)	10 mg 2%
L-Theanine	200 mg †
Valerian Root Powder (Valeriana officinalis) (.08% valerenic acids)	200 mg †
Chamomile Extract (Matricaria recutita) (std. to 1.2% Apigenin) (flower)	150 mg †
L-Glutamine	100 mg †
Lemon Balm Extract (Melissa officinalis)(leaf)	100 mg †
Passion Flower Extract (Passiflora incarnata)	100 mg †
Gamma-Aminobutyric Acid (GABA)	50 mg †
Resveratrol (Polygonum cuspidatum) (std. to 50% Trans-Resveratrol)	20 mg †
Melatonin	5 mg †

† Daily Value not established

OTHER INGREDIENTS: Gelatin (capsules), Silicon Dioxide, Magnesium Stearate.

SUGGESTED USE: As a dietary supplement, take with 8-12 fl oz of water. Best if consumed 20-30 minutes before bedtime.

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