

Directions: Take 1 capsule 30-60 minutes before bed time, or as recommended by a healthcare practitioner.

Warning: Do not use if under the age of 18. Do not use if pregnant or nursing. Consult a healthcare professional prior to use if you have any pre-existing medical conditions, or are taking prescription (including SSRI's) or over-the-counter medications or other supplements. Do not use with other sleep medication. Improper use of this product will not improve results and is potentially hazardous to your health. Use only as directed. If you experience adverse effects, discontinue this product immediately and consult a healthcare professional. Do not drive or operate heavy machinery while using this product.

- Do not use if seal is broken or missing
- Keep out of reach of children
- Protect from heat, light, and moisture
- Store in a cool, dry place, 15-30°C (59-86°F)
- Dispose of container within 30 days of opening

* 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.

CERTIFIED
GMP
FACILITY

Inspected
FDA
Facility

ULTIMATE
NUTRITION

GLUTEN FREE!



REM ZONE

SLEEP SUPPLEMENT

IMPROVE QUALITY OF SLEEP BY UP TO 37%*

IMPROVE MORNING ALERTNESS BY UP TO 130%*

30 CAPSULES

Supplement Facts

30 servings per container

Serving size 1 capsule

Amount per Serving	% Daily Value*
5-HTP (L-5-Hydroxytryptophan) 200mg † (<i>Griffonia simplicifolia</i>) Seed Extract	†
L-Theanine 200mg	†
GABA (Gamma Aminobutyric Acid) 100mg	†
Melatonin 2mg	†

† Daily Value not established

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other ingredients: Gelatin, Microcrystalline Cellulose, Dicalcium Phosphate, Magnesium Stearate, Silica.

Distributed by Ultimate Nutrition, Inc., P.O. Box 643
Farmington, CT 06034 USA ultimatenutrition.com

INCREASE RELAXATION IN 40 MINUTES* • VITALITY SERIES • INCREASES REM SLEEP BY MOST 2 HOURS PER NIGHT (53%)*