



RELAX SLEEP FORMULA



30 Vegetarian
Tablets
DIETARY SUPPLEMENT

CATALO Relax Sleep Formula is made from a proprietary blend of natural ingredients that includes Suntheanine® L-Theanine, natural Lemon Balm extract, natural Passionflower extract and natural Valerian extract. Suntheanine® L-Theanine is produced via a patented process, which is clinically proven to promote mental alertness and non-drowsy relaxation through the increase of calming Alpha brain waves.^{1&2} The Cyracos® natural Lemon Balm extract is clinically proven to actively reduce stress associated symptoms and initial insomnia.³ Together with natural Valerian extract as a sleeping aid and natural Passionflower extract, it is a natural, safe and non-addictive dietary supplement for stress relief and sleeping quality.

Main Functions:

- Reduce stress & promote relaxation without drowsiness
- Induce sleep and improve quality of sleep
- Relieve gastrointestinal discomfort caused by nervousness

Suitable for: Nervousness or stressful conditions, sleeping difficulty, insomnia, bad quality of sleep, headaches, intestinal discomfort & irritable bowel that caused by nervousness

1. Ito, K., et al. 1998, Nippon Nogeikagaku Kaishi, Vol.72:153.
2. Juneja, L., et al. 1999, Trends Food Sci Tech, Vol.10, pp.199-204.
3. Cases, J., et al. 2011, Mediterr J Nutr Metab, Vol.4, pp.211-218.



RELAX SLEEP FORMULA

減壓酣睡配方 提升睡眠質素



30 Vegetarian
Tablets
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Nutrition Information

Serving Size: 2 Tablets (1514mg)
Servings Per Container: 15

Amount Per Serving		
Cyracos® Natural Lemon Balm Extract		
250mg		
Natural Passionflower Extract		
250mg		
Natural Valerian Extract		
250mg		
Suntheanine® L-Theanine		
100mg		
Energy (kcal)	3.4	Carbohydrates (g)
Total Fat (g)	0	- Sugars (g)
- Saturated Fat (g)	0	Protein (g)
- Trans Fat (g)	0	Sodium (mg)
		0.3

Serving Directions	Adults: Take 2 tablets daily, preferably 30 minutes before bedtime
Ingredients	Cyracos® Natural Lemon Balm Extract, Natural Passionflower Extract, Natural Valerian Extract, Suntheanine® L-Theanine Other Ingredients: Bulking Agent (Plant Cellulose, Di-calcium Phosphate), Anticaking Agent (Plant Stearic Acid), Glazing Agent (Croscarmellose Sodium), Anticaking Agent (Magnesium Stearate, Silicon Dioxide), Glazing Agent (Confectioner's Glaze, Plant Hydroxypropyl Cellulose, Plant Hypromellose, Polyethylene Glycol, Carnauba Wax)
Storage	Keep in a dry and cool place Avoid direct sunlight
Net Weight	22.7g (757mg x 30 tablets)

Pregnant women should consult your healthcare practitioner prior to use

Suntheanine® is a registered trademark of Taiyo International, Inc.

Cyracos® is a registered trademark of Naturex, Inc.

This product is made from natural sources and may have color variation. This is a normal phenomenon and does not affect product quality.

Made in USA

Manufactured by cGMP certified facility for CATALO Natural Health USA Inc.
City of Industry, CA 91748, USA

Asia-Pacific Distributor: CATALO Natural Health Foods
5/F, Suite C-D, 15 Cheung Shun St., Hong Kong
Customer Hotline: (852) 3556 8686

CATALO.COM



Product Code
3085

美國家得路減壓酣睡配方 專為紓緩壓力情緒而設，特選獨有天然配方，選用L-茶氨酸、香蜂草、西番蓮及纈草精華。天然Suntheanine®-以專利技術提取純正的L-茶氨酸，經臨床研究顯示能有助提升精神靈敏度，並提升掌管平靜的阿爾法腦波，讓人放鬆^{1&2}。Cyracos®天然香蜂草精華保存了完整的活性成份，臨床證明可有效減少壓力相關症狀及入睡困難情況³。配合可促進自然睡眠的天然纈草及有效提升睡眠質素的天然西番蓮精華，是天然、安全，有效紓緩壓力的營養補充食品。

主要功效：

- 有效紓緩壓力，平靜放鬆
- 促進自然睡眠，改善睡眠質素，不會令人依賴上癮
- 紓緩因情緒緊張引起的腸胃不適

適用人士：容易緊張或壓力問題，難以入睡，失眠，睡眠質素不佳，因緊張情緒引起的頭痛、腸絞痛症狀及腸胃過敏，希望深度睡眠者

建議食法	成人：每天2粒。建議睡前30分鐘或晚上服用
成份	Cyracos® 天然香蜂草精華，天然西番蓮精華，天然纈草精華，Suntheanine® L-茶氨酸 其他成份：增體劑(植物纖維素，磷酸氫鈣)，抗結劑(植物硬脂酸)，上光劑(交聯羧甲基纖維素鈉)，抗結劑(硬脂酸鎂，二氧化矽)，上光劑(糖衣，植物羥丙基纖維素，植物羥丙甲纖維素，聚乙二醇，植物棕櫚蠟)
保存方法	請放於乾燥及陰涼地方，避免陽光直接照射
內容量	22.7克(757毫克 x 30粒)
此日期前最佳	如盒所標示(日月年)

孕婦服用前請先徵詢醫生意見
此產品源自天然成份，顏色深淺略有差異或變化屬正常現象，不影響產品質素。

美國CATALO 客戶服務熱線：(852) 3556 8686
網頁：CATALO.COM

營養資料	
食用份量：2粒(1514毫克) 每包裝所含食用份量：15	
每食用份量	
Cyracos® 天然香蜂草精華	250毫克
天然西番蓮精華	250毫克
天然纈草精華	250毫克
Suntheanine® L-茶氨酸	100毫克
能量(千卡)	3.4
蛋白質(克)	0
總脂肪(克)	0
-飽和脂肪(克)	0
-反式脂肪(克)	0
碳水化合物(克)	0.8
-糖(克)	0
鈉(毫克)	0.3

產品編號 3085