



USAGE: Take 2 capsules 20 to 30 minutes prior to bedtime or as directed by your qualified healthcare professional.

WARNING: Do not drive or operate machinery immediately following use of this product.

NOTE: If you have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially MAO inhibitors such as iproniazid), consult your healthcare professional before using this product.

Jarrow Formulas® Sleep Optimizer® combines herbs and amino acids that work together to facilitate falling asleep and maintaining a regular sleep cycle.* Gamma-aminobutyric acid (GABA), lemon balm, and L-tryptophan promote relaxation.* The combination of valerian and hops flower has been studied for its effect on reducing latency (the delay before entry into sleep).* Melatonin is a hormone secreted by the pineal gland that controls the biological clock and signals the entry into sleep.* Our biological clock can be disturbed by stress, crossing time zones, and changing work shifts.

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.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 15

	Amount Per Serving	% DV
Valerian Root (<i>Valeriana officinalis</i>) (root)	400 mg	*
L-Tryptophan	300 mg	*
Hops (<i>Humulus lupulus</i> L.) (flower)	100 mg	*
Lemon Balm (<i>Melissa officinalis</i>) (leaves)	100 mg	*
PharmaGABA™ (gamma-aminobutyric acid)	100 mg	*
Melatonin	0.3 mg	*

* Daily Value not established.

Other Ingredients: Silicon dioxide and magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

PharmaGABA™ TryptoPure®

TryptoPure® is a registered trademark of Ajinomoto AminoScience of Japan.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

05213SLPBX

PROD # 129048



Lot #. Best Used Before:

DIETARY SUPPLEMENT
CAPSULES
30



Promotes Relaxation*
& a Healthy Sleep Cycle*

Sleep Optimizer®

Jarrow FORMULAS®

TryptoPure® PharmaGABA™