

THORNE

13.5mm

17/32"

Dietary Supplement

15.9mm

8/5"

15 Nutrient Discs

Sleep +

Wild Blueberry

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.

01 Enjoy

02 Stir / shake until dissolved

03 Drop disc in

SUPPLEMENT FACTS

Serving Size: One disc
Servings Per Container: 15

One disc contains:

L-Theanine†

200 mg

%DV

*

Chamomile extract (flowering top) (*Matricaria recutita*)

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), Citric Acid, Carboxymethylcellulose Gum.

Suggested Use

Drop one disc in 4-6 ounces 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

MANUFACTURED IN THE USA

USING U.S. & IMPORTED INGREDIENTS

SUSTAINABLE FORESTRY INITIATIVE

Certified Sourcing

www.sfiprogram.org

SFI-03531

DIS002

CTNDIS00206

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5/16"

7.9mm