

SUGGESTED USE: Adults take 2 capsules 20 to 30 minutes prior to bedtime or as directed by your qualified healthcare professional.

Jarrow Formulas® Sleep Optimizer® combines herbs and amino acids to help you fall asleep and support a regular sleep cycle.* GABA, lemon balm, and L-tryptophan promote relaxation.* The combination of valerian and hops reduces latency to help you fall asleep faster.* Melatonin, a brain hormone, helps reduce sleep latency and supports a healthy sleep cycle.

WARNING: This product contains melatonin which may cause drowsiness or sleepiness, do not take when driving or operating heavy machinery, or consuming alcohol. Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication (especially MAO inhibitors such as iproniazid) or have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease); if adverse reactions occur, discontinue use. Melatonin is for occasional short-term use only. Use only as directed and do not exceed suggested intake. This product should never substitute healthy sleep practices. This product is for occasional sleeplessness.

KEEP OUT OF THE REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

*** 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.**



03223SLP60
PROD # 129049

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Lot #. Best Used Before:

Jarrow
FORMULAS®

VEGAN

Sleep Optimizer®

HERBAL & AMINO ACID BLEND

Promotes relaxation and a healthy sleep cycle*



60 VEGGIE
CAPSULES

DIETARY SUPPLEMENT

SLEEP SUPPORT*

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	
Valerian Root Complex (<i>Valeriana officinalis</i>)	400 mg †
L-Tryptophan	300 mg †
Hops Strobile Complex (<i>Humulus lupulus</i> L.)	100 mg †
Lemon Balm Leaf Complex (<i>Melissa officinalis</i>)	100 mg †
Gamma-Aminobutyric Acid (GABA)	100 mg †
Melatonin	0.3 mg †

† Daily Value (DV) not established.

Other Ingredients: Maltodextrin, capsule (hydroxypropyl-methylcellulose, water), silicon dioxide and magnesium stearate (vegetable source).

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

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

APPROX.
FILL LINE

Do not use if safety seal is damaged or missing.