

Almost out? Call 1-888-303-7061
or visit healthydirections.com



Doctor-developed,
concentrated
microbeadlets
in cold-pressed
hemp seed oil

**UNCONDITIONALLY
GUARANTEED** for purity and
potency. To preserve quality
and freshness, store bottle in
a cool, dry place.

Due to the nature of these ingredients,
color variation over time may occur.



is licensed exclusively
by Nutracode, LLC.

[†]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.



VEGAN



GLUTEN
FREE



SOY
FREE



DAIRY
FREE



EGG
FREE



LifeBiome Rise



SLEEP TIGHT SLEEP FORMULA

Fall Asleep Faster • Stay Asleep
Longer • Wake Feeling Rested[†]

Clinical Grade • Doctor Developed

Dietary Supplement

30 Vegan Capsules

Suggested Use: Take 1 vegan capsule 60 minutes
prior to bed. For added support, take 2 capsules
60 minutes prior to bed.

Supplement Facts

Serving Size: 1 Vegan Capsule
Servings Per Container: 30

Amount per Serving	% DV
Nightly Relaxation Blend	401.75 mg *
Hemp Oil (seed)	400 mg *
Lavender Essential Oil (aerial parts)	1 mg *
Melatonin	0.75 mg *
VidaSpheres® Extended Release Slumber Blend	101.25 mg *
Gamma-Aminobutyric Acid (GABA)	100 mg *
Melatonin	1.25 mg *

*Daily Value (DV) not established.

Other ingredients: Hypromellose, microcrystalline cellulose,
silica, maltodextrin, blueberry powder (color)

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

Precautions: For adult use only at bedtime. Consult
a health care practitioner if you are pregnant or
nursing, have a serious medical condition, or use any
medications. Do not use alcoholic beverages, drive, or
operate heavy machinery while taking this product.

Keep out of reach of children.

SKU: LSP 02 C11000, 2023 R-1
Please see bottom of bottle for
Lot No. and Expiration Date