

Directions: Take 2 capsules 30 minutes before going to bed.

Caution: For adults. Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a healthcare professional before use.

Keep out of reach of children. Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

Vegan. Gluten-Free.

No artificial colors, flavors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, milk, or magnesium stearate. **Made in USA** with globally sourced ingredients.



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Rest-ZZZ™ helps ease muscle tension, restlessness, and nerve-related sleeplessness*

- **GABA** is a neurotransmitter that promotes balance and a state of well-being*
- **Melatonin** is a hormone in the body that supports healthy sleep patterns*
- **Valerian** helps the body ease into restful sleep*
- **Passion Flower** supports the body's ability to achieve quality sleep*
- **Chamomile** enhances natural relaxation*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Rest-ZZZ™ Sleep Support*

Melatonin & GABA
Passion Flower
Lemon Balm
Chamomile
Valerian

DIETARY SUPPLEMENT
60 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% DV
Valerian (<i>Valeriana officinalis</i>) Root Extract (4:1)	300 mg **
Chamomile (<i>Matricaria recutita</i>) Flower Extract (4:1)	200 mg **
Passion Flower (<i>Passiflora incarnata</i>) Aerial Extract (3.5% [6.1 mg] flavonoids)	175 mg **
GABA (Gamma-aminobutyric acid)	100 mg **
Hawthorn (<i>Crataegus oxyantha</i> and/or <i>monogyna</i>) Berry	100 mg **
Lemon Balm (<i>Melissa officinalis</i>) Leaf	50 mg **
Melatonin	1 mg **

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose), Microcrystalline Cellulose, Rice Bran, and Silica.

Exclusively formulated and distributed by LifeSeasons®, Kaysville, UT 84037, USA

Questions? (877) 455-2826 or
www.lifeseasons.com