

HEALTHY SLEEP & WAKE

*for a healthy sleep-wake cycle**

Specifically formulated with evidence-based nutraceuticals to help fall and stay asleep all night long. Including passionflower, hops, chamomile, and GABA to promote a calm, relaxed state of mind, while also promoting a healthy sleep-wake cycle using melatonin and valerian root. Best used 30-60 minutes before desired bedtime.*

FOR MORE INFORMATION, PLEASE VISIT
TERRAORIGIN.COM

*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.

BENEFITS

Melatonin | Helps initiate sleep*

GABA | Promotes calmness, relaxation and sleep*

L-tryptophan | Enhances REM sleep*



MELATONIN
for calmness*



GABA
for relaxation*



L-TRYPTOPHAN
for sleep-wake cycle*

DIETARY SUPPLEMENT
60 CAPSULES



TERRA ORIGIN

HEALTHY

SLEEP & WAKE

NON
GMO



GLUTEN
FREE



DAIRY
FREE



PRESERVATIVE
FREE



VEGAN

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving	% Daily Value
L-Tryptophan	150 mg †
Passionflower Stem, Leaf, and/or Flower Extract	100 mg †
Valerian Root Extract	100 mg †
Gamma Amino Butyric Acid (GABA)	100 mg †
Hops Flower Powder	60 mg †
Chamomile Flower Extract	50 mg †
Melatonin	5 mg †

† Daily Value not established.

Other Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, L-Leucine.

SUGGESTED USE

As a dietary supplement, adults take 1 serving (1 capsule) at bedtime.

WARNINGS

Store in a cool, dry place. Use only as directed. This product is not intended for persons under the age of 18. Do not drive or operate machinery or consume alcohol when taking this product. This product may cause drowsiness. Consult with your healthcare practitioner prior to consumption if you have any preexisting medical conditions or are on any medication. Keep out of reach of children. Do not use if outer seal is broken or missing.

CONTACT: Carefully manufactured for and distributed by TERRA ORIGIN INC., 330 Oser Avenue, Hauppauge, NY 11788 U.S.A. ©2022 Terra Origin, Inc., www.TerraOrigin.com, 631-300-2306.



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