

**SUGGESTED USE:** Take 2 capsules away from food 30 minutes prior to bedtime, or use as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**Optimal Sleep II supports healthy onset of sleep by helping to balance glutamate (a stimulating neurotransmitter) and GABA (a calming neurotransmitter). This formula also supports the metabolism of serotonin, dopamine, norepinephrine, and epinephrine, as well as healthy evening cortisol levels. This product is intended to support occasional sleeplessness.†**

†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.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, gluten, GMO, artificial colors, or artificial flavors.

**Optimal Sleep II†** Meets or Exceeds cGMP Quality Standards.

KSM-66® is a registered trademark of Ixoreal Biomed Inc.



§Albion™, TRAACS™, and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

**MANUFACTURED IN THE USA  
FROM GLOBALLY SOURCED INGREDIENTS  
THIRD-PARTY INDEPENDENTLY TESTED**



TARGETED SUPPORT®



SeekingHealth®

**Optimal Sleep II†**

with B1, B2, Ornithine, and Lithium  
Free of 5-HTP

**Dietary Supplement**

**60 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Thiamin (as thiamine hydrochloride)	5 mg	417%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%
Niacin	15 mg	94%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Magnesium (as DiMagnesium Malate <sup>§</sup> and magnesium acetyl taurine)	125 mg	30%
Zinc (as Zinc Bisglycinate Chelate <sup>§</sup> )	7 mg	64%
L-Ornithine hydrochloride	160 mg	*
KSM-66® Ashwagandha Extract ( <i>Withania somnifera</i> )(root)(5% total withanolides)	125 mg	*
Phosphatidylserine	25 mg	*
Lithium (as lithium orotate)	2.5 mg	*

\*Daily Value (DV) not established.

**Other Ingredients:** Vegetarian capsule (hypromellose and water) and ascorbyl palmitate.

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OPTSLEEPII-60-CAPS REV. 033121

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