

The Stress-Sleep Connection

Daily stress can get in the way of quality sleep, and an occasional lack of quality sleep can cause stress levels to rise.* It's a vicious cycle that once entered, can be difficult to escape.

For those stuck in the Stress-Sleep vortex, we've created an exit strategy with this innovative formula designed to improve quality of sleep by addressing one of the most common sleep disruptors—daily stress.*

- **Shoden® Ashwagandha Extract:** Relieves stress to support quality of sleep.* Preliminary research shows that Shoden® improves multiple areas of sleep quality so you can have a restful night of sleep and wake feeling refreshed, restored, and ready to conquer the day.*
 - **Melatonin:** Promotes the onset of sleep and supports a healthy circadian rhythm.*
 - **L-Theanine:** Quiets a busy and overly stimulated mind to help bridge you into deeper states of relaxation.*
 - **Lavender Essential Oil + Flower Extract:** Traditionally used to address restlessness, mood, and difficulty sleeping.*
 - **Deep Ocean Minerals™:** A combination of minerals and trace elements harvested from deep ocean waters to support the restorative processes of the body.*
- Take nightly, 30-minutes before bedtime to enjoy the benefits of an improved quality of sleep.*

What makes us different:



Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

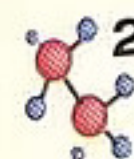
*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. This product contains an ingredient that may affect blood sugar. Use only at bedtime. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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with Deep
Ocean Minerals™

irwin
naturals

Stress-Defy Sleep PM™



Powerful 2-in-1 Combination featuring
Shoden® Ashwagandha & Melatonin.
For Optimal Sleep Quality.*

50 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels approximately 30-minutes before bedtime to promote a restful sleep.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 25

	Amount per Serving	%Daily Value
Calories	15	
Total Fat	1 g	1%**
Total Carbohydrates	<1 g	<1%**
Protein	1 g	
Flaxseed Oil (seed)	950 mg	†
English Lavender (<i>Lavandula angustifolia</i>) extract (4:1)(aerial)	250 mg	†
Deep Ocean Minerals™	200 mg	†
L-Theanine	200 mg	†
Shoden® Ashwagandha extract (root, leaf)	120 mg	†
English Lavender (<i>Lavandula angustifolia</i>) Essential Oil (flower)	50 mg	†
Melatonin	2 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, maltodextrin, beeswax, sunflower lecithin, titanium dioxide (color), gum arabic, turmeric (color), caramel (color), red cabbage extract (color) and sodium copper chlorophyllin (color).

• **BIOPERINE®** is a registered trademark of Sabinsa Corporation.

Deep Ocean Minerals™ is a trademark of Pacific Deep Ocean Biotech.

Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd.

No preservatives added.