



## good health starts in your gut.

### Gut Connection® Sleep Balance™ by Country Life®

is specially and scientifically formulated to help improve your digestive health.\*\* Our clinically tested ingredients together are “Balanced Inside” for your digestive health.\*\*\*



†EpiCor® dried yeast fermentate helps maintain good digestive and immune health.\*\*

5-HTP is involved in the natural production of melatonin which helps regulate the sleep-wake cycle.\*\*



Melatonin promotes restful sleep\*\*

Magnesium Citrate helps relax muscles to support sleep.\*\*



This product has been manufactured at a GMP Registered facility.

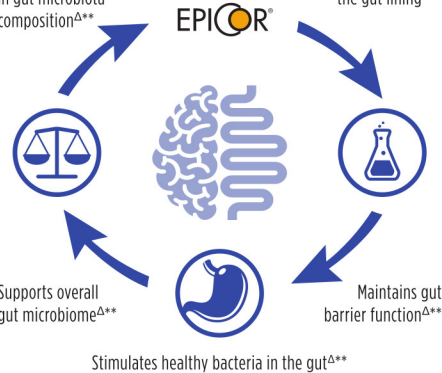
For more information on EpiCor® and on Country Life®'s Gut Connection® Go to [CountryLifeVitamins.com](http://CountryLifeVitamins.com)

Gut Connection® contains 630 mg of clinically researched EpiCor®.

### Why?

Supports healthy shift in gut microbiota compositionΔ\*\*

Helps maintain the gut liningΔ\*\*



†EpiCor® is a whole food fermentate prebiotic that balances and strengthens your gut by **boosting its levels of good bacteria** to promote health every day.Δ\*\* Made using a fermented whole food yeast (*Saccharomyces cerevisiae*), it captures a complex array of beneficial nutrients through the process of fermentation. **Each daily serving will improve your gut and your health—it's all connected!**Δ\*\*

A healthy gut has more than 10 trillion bacteria! **Gut Connection® is different because it does not provide probiotics**, so you can take it alone or with your favorite probiotic. This allows your body to create its own healthy bacteria.Δ\*\*

ΔBased on results from a study using a dynamic model representing GI digestion.

**MONEY BACK GUARANTEE**  
You'll love it. If not completely satisfied, request a refund within 60 days of purchase. See details at [www.GutConnectionRebate.com](http://www.GutConnectionRebate.com) or call 877-322-8355.

See box for Lot No. and Best by date information



## IT'S ALL CONNECTED.

Good digestion starts in the gut, but so does a good mood, a healthy immune system, energy levels and sleep.\*\*



### Gut Connection® by Country Life®

is a scientifically formulated range of supplements that connects the gut to individual health issues that matter.



Money Back GUARANTEE



• PROBIOTIC FREE •

gut connection®

sleepbalance™



improves gut microbiome healthΔ\*\*

helps you fall asleep faster\*\*

relaxes muscles\*\*

CLINICALLY STUDIED INGREDIENTS†

Dietary Supplement 60 VEGAN CAPSULES

Our PLEDGE of INTEGRITY  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

**DIRECTIONS:** Adults take two (2) capsules daily with food 30 minutes before bedtime. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

| Amount Per Serving                                                     | % Daily Value |
|------------------------------------------------------------------------|---------------|
| Magnesium (as magnesium citrate)††                                     | 42 mg 10%     |
| EpiCor® dried yeast fermentate (from <i>Saccharomyces cerevisiae</i> ) | 630 mg *      |
| 5-HTP (5-hydroxytryptophan) ( <i>Griffonia simplicifolia</i> (seed))   | 40 mg *       |
| Melatonin                                                              | 1 mg *        |

\*Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, rice bran extract, vegetable glaze, sunflower oil, silica.

**Do not accept if seal is broken. Store in a dry place between 59°- 86° F. Keep out of the reach of children.**

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS WIND POWER  
**YES** KOSHER-PARVE  
**NO** GMOs  
**NO** WHEAT, SOY OR MILK  
**NO** SALT, SUGAR OR PRESERVATIVES  
**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE

\*\*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.

**CAUTION:** Not for use by persons under the age of 18. Use only at bedtime. Do not take this product when driving a motor vehicle or operating heavy machinery. Consult a doctor before using this product if you are pregnant or nursing, have a medical condition, are taking medication or planning surgery, or if you are experiencing long-term sleep difficulties. Stop using and consult a doctor if any adverse reactions occur. Not recommended for consumption with alcoholic beverages. In case of accidental overdose, seek professional assistance.

**Do not accept if seal is broken. Store in a dry place between 59°- 86° F. KEEP OUT OF THE REACH OF CHILDREN.**

††Country Life always labels minerals in elemental weight.

†EpiCor® is a registered trademark of Embria Health Sciences, LLC.  
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