

Sleep First™, “The Wizard of Zz™” is a strong sleep aid that calms your mind. It supports deep, restful, and refreshing sleep. This powerful, synergistic formula of Dr. Gumman & team integrates the best of Modern Science, Traditional Ayurvedic, and Chinese Medicines.*

SUGGESTED USE: 1-2 capsules an hour before bedtime or as directed by a healthcare practitioner. **DO NOT EXCEED 4 CAPSULES IN A DAY / DOSE SUGGESTED BY YOUR HEALTHCARE PRACTITIONER**

CAUTION: Keep out of reach of children. Protect from heat, light, and moisture. Do not use if inner seal is missing or broken. Pregnant and nursing women, individuals taking medications or persons with a health condition should consult their healthcare professional before using this product.



Clinical Grade • Certified Lab Tested • Halal • Kosher

Dr. Gumman's
INTEGRATIVE

Sleep First™ Wizard of Zz™

Restful Sleep Aid*

Supplement Facts

Serving size: 1 vegan capsule
Servings per container: 120

Each Capsule Contains	Amount per Serving	% Daily Value
Magnesium (from 125 mg Magnesium Gluconate Magnesium Glycinate, and Magnesium Chelate)	14 mg	3.5%*
Gamma-aminobutyric acid (GABA)	100 mg	†
5-HTP (<i>Griffonia simplicifolia</i>)(Standardized to 99%)	50 mg	†
Melatonin	10 mg	†
Proprietary Blend: Sarpagandha root powder (<i>Rauwolfia serpentina</i>), Ashwagandha root extract (<i>Withania somnifera</i>) (Standardized to 5% Withanolides) and Jatamasi root extract (<i>Nardostachys jatamansi</i>) (Standardized to 4:1)	420 mg	†

*Percent Daily Values are based on a 2,000-calorie diet.
† Daily Value Not Established
Other Ingredients: Vegan Capsule. [Contains 705 mg active ingredients.]
NO: Soy, dairy, egg, nuts, gluten, salt, sugar, artificial colors, artificial flavors or artificial sweeteners. NON-GMO. No fillers. Color variations are natural
NOTHING ELSE, PURE GOODNESS!

*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.

Manufactured for and distributed by Harmony Nutraceuticals, LLC
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PURE DIETARY SUPPLEMENT • 120 VEGAN CAPSULES

MADE WITH LOVE IN THE USA

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