

Rest-EZ™ Sleep Support*

- Supports restful sleep*
- Supports balance and good sleep patterns*
- Supports over all well being*

For life's change of seasons, there's LifeSeasons™.

Every new season brings change. It's the cycle of life that renews and energizes. Yet as you age, poor diet, environmental toxins, lack of exercise or personal stress can challenge your good health. LifeSeasons offers a brand of supplements designed to support both your daily nutritional needs plus specific health concerns.

LOT 082515
EXP 09/2014



**This
Best in Class
formulation supports
restful sleep and a
feeling of well-being***

GABA - An important chemical within the brain that maintains balance and promotes a state of well-being*

Melatonin - A natural occurring hormone that aids with good sleep patterns*

Valerian - Supports the body's ability to achieve good sleep*

Passion Flower - Supports the body's ability to manage sleep disorders*

Chamomile - Supports the body's ability to relax*

*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.

Rev. 1



Rest-EZ™ Sleep Support*

GABA

Melatonin

Valerian

Passion Flower

Chamomile

Dietary Supplement 60 Vegicaps®

Suggested Use: Take 2 Vegicaps® 30 minutes prior to going to sleep.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

Amount per serving	% Daily Value
Melatonin (powder)	1000 mcg †
Valerian (Valeriana officinalis) (root) Extract 4:1	300 mg †
Chamomile (Matricaria recutita) Extract 4:1	200 mg †
Passion Flower (Passiflora incarnata) Extract 3.5-4% Vitexins	175 mg †
GABA (γ-Aminobutyric acid)	100 mg †
Hawthorne (Crataegus oxyacantha) (berry)	100 mg †
Lemon Balm (Melisa officinalis) (leaf)	50 mg †

† Daily Value not established.

Other ingredients: Vegetable cellulose, rice bran, silica.

DOES NOT CONTAIN artificial colors, gluten, preservatives, yeast, soy, and milk.

VEGETARIAN FORMULA

**DO NOT TAKE WITHOUT FIRST
CONSULTING YOUR HEALTH CARE
PROVIDER.**

Manufactured for LifeSeasons™
790 Estates Drive
Copper Canyon, TX 75077
www.lifeseasons.com

© 2011 LifeSeasons