

HarmonySleep.com

Live life in balance

Internal Harmony is the first sleep aid specifically formulated for a woman's unique needs. Formulated with natural herbal extracts, Internal Harmony helps ensure a deeper more restful sleep while replenishing the brain and other vital organs with important vitamins and minerals.*

Why Internal Harmony? It contains Melatonin, a great starting point. But, it's exactly that, a starting point. Internal Harmony goes way beyond Melatonin. It contains 5 specific ingredient blends to fully support what you need to fall asleep, stay asleep and help ensure recovery.*

Suggested Use: For adults, take 1 capsule one hour before bedtime.

Caution: Do not use in conjunction with alcoholic beverages, driving or operating heavy machinery. *If you have a medical condition or are taking prescription drugs (anti-depressants, sedatives) consult your physician. *Keep out of reach of children. *Do not use if inner pack is torn or broken. *Store at room temperature (60-85°F). *Do not use if pregnant or lactating.

*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.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Palmitate)	500 IU	10%
Vitamin C (as Ascorbic Acid)	12 mg	20%
Vitamin E	3 IU	10%
(as dl-Alpha Tocopheryl Acetate)		
Vitamin B1	150 mg	10%
(as Thiamine Mononitrate)		
Vitamin B2 (as Riboflavin)	170 mcg	10%
Vitamin B6	200 mcg	10%
(as Pyridoxine Hydrochloride)		
Vitamin B12	0.6 mcg	10%
(as Cyanocobalamin)		
Magnesium	40 mg	10%
(as Magnesium Oxide)		
Selenium	7 mcg	10%
(as Sodium Selenite)		
Doanine (as Doanine Vitamin)	80 mg	**
Inositol	35 mg	**
Melatonin	1.5 mg	**
Proprietary Blend	390 mg	**
PharmaGABA	**	
Chamomile Extract (flower)	**	
L-Theanine	**	
Black Cohosh Extract (rhizome)	**	
Red Clover Extract (flower)	**	
Passionflower Extract (flower)	**	
Ashwagandha Extract (root)	**	
Jujube Extract (fruit)	**	
GMP	**	

**Daily Value not established

Other Ingredients: Magnesium Stearate, Cellulose, Veg Capsule (Hydroxypropyl Methylcellulose)

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Relax* | Sleep* | Replenish*

You will enjoy the relaxing sensation Internal Harmony creates prior to falling into a deeper sleep.* There is satisfaction in knowing you have done something nice for your body. In return, you will appreciate the added vitality your body will have in the morning.*

Clinically Studied Ingredient

Clinically studied PharmaGABA shows that it works quickly to induce relaxation and improve the quality and ability to fall asleep.*

60 DAY
GUARANTEE

100% Satisfaction

We recognize there may be a small percentage of consumers that will not be completely satisfied with the results of this formula. To ensure 100% satisfaction, we offer a 60-day money back guarantee from the date of purchase.

Please Call 888-300-9181 for details.
Hours: 9am-5pm (Arizona time) M-F

HarmonySleep.com

for the things you love to do and
you're never losing them



LIVE LIFE IN BALANCE

DREAMBRANDS

internal
harmony
for women

Sleep Aid

Supports a calming mood* • Restful sleep*
plus replenishing vitamins



complete rest formula*

FOR OCCASIONAL SLEEPLESSNESS

CUSTOM COMPOUNDED BLEND
WITH CLINICALLY STUDIED PHARMAGABA*

NATURAL EXTRACTS

30 Vegi Capsules

Dietary Supplement

Item # 10652



Complete Rest Formula

Internal Harmony contains 5 proprietary blends specific to a woman's needs:

- 1 Clinically studied PharmaGABA* combined with Passionflower, and L-Theanine helps to relax the mind by converting beta waves into calming alpha waves.*
- 2 Ashwagandha, SHTP and Chamomile were added to help the body cope with stress and calm the stomach.*
- 3 Jujube and Melatonin were added to improve the quality of sleep.*
- 4 Red Clover and Black Cohosh make this formula unique to a woman's needs. These herbal extracts have been used in traditional medicines to help reduce PMS and menopause symptoms.*
- 5 Internal Harmony's vitamin and mineral blend includes Vitamins A, C, E, B6 and B12 supported by the minerals Magnesium and Selenium.*

Learn more at HarmonySleep.com

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