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THORNE
RESEARCH
Pure Ingredients. Trusted Results.



Recommended Use: Take one to two capsules at bedtime, or as recommended by your fitness professional.

TO REORDER shop.lifetimefitness.com

WARNING: If you are pregnant or nursing, have a medical condition, or are taking any prescription drug, consult your physician or health-care professional before taking this product.

KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal under cap is broken or missing. Store in a dry place and avoid excessive heat.

* 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 by: Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
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LTFL1078 LTFL107802

LIFETIME
FITNESS

LEAN + FIT

LEAN complex

sleep and recovery*

RESTORE

60 capsules
supports relaxation,
healthy mood and
restful sleep*

Night

dietary supplement

SUPPLEMENT FACTS

Serving Size: Two Capsules
Servings Per Container: 30

Amount Per Serving		%DV
Gamma-Aminobutyric Acid (GABA)†	200 mg	*
5-Hydroxytryptophan	100 mg	*

* Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate.

†This product uses Pharma Foods International's Gamma-Aminobutyric Acid (PharmaGABA®). PharmaGABA is a registered trademark of Pharma Foods International.

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