

Made with natural, purity-tested ingredients
and NO artificial preservatives, colors, flavors
or sweeteners.



Circle of Care™ for Global Good
1% Vitamin Donations
100% Recycled/Recyclable
EcoGuard® Bottle

Everyday-Safe



Sleep Z-z-zen™

Naturally Effective

Fall asleep faster*

Wake refreshed*

Vegan | Gluten-Free

50 Capsules | Dietary Supplement

Sleep Z-z-zen™ is a naturally effective integrative
health therapy formulated to help release stress and
encourage a restful night's sleep. Designed to:

- **Promote healthy sleep patterns**, induce relaxation
and help soothe the mind and body with L-theanine
and GABA to support a healthy stress response.*
- **Support falling asleep faster, sleep more soundly
and wake up feeling refreshed**, featuring melatonin
to support the body's sleep cycle.*

Side benefits not side effects: Restore total-body
wellness, safe for everyday use and gentle
on the stomach.

Feel the difference guarantee

Vegan. Contains NO: gluten, wheat, milk,
tree nuts, peanuts, soy, eggs, fish or
shellfish.

* 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.

Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS®

Santa Cruz, CA 95060 USA ©2015 800.571.4701
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Supplement Facts

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 50

	Amount Per Serving	% DV
L-Theanine	100 mg	*
GABA (gamma-Aminobutyric acid)	100 mg	*
Melatonin	0.5 mg	*
Relaxing Botanical Blend	100 mg	*
(equivalent to 1,100 mg of herbal powder) California Poppy [aerial parts] Extract, Jujube [fruit] Extract		

* Daily Value (DV) not established.

Other ingredients: (natural mineral or vegetable source): cellulose,
silica, magnesium stearate. Non-GMO Capsule: hydroxy propyl methyl
cellulose.

SUGGESTED USAGE: Take 1 capsule, one hour
before bedtime. For advanced use, take two
capsules.

KEEP OUT OF REACH OF CHILDREN. Consult a health care
practitioner prior to use if you are taking medication, have a
medical condition, or are experiencing ongoing sleeplessness. Not
formulated for use by pregnant or nursing women. Do not drive a
vehicle or operate machinery for 5 hours after taking this product.