



Sleep Tonight! for a focused tomorrow.*
This formula helps reduce stress for a better night's rest.*

Sleep Tonight! is formulated to balance stress hormones like cortisol.* It is a safe and gentle formula, containing stress-reducing botanicals,* plus phosphatidylserine, which helps support a healthy endocrine response to mental stress.*

Greet tomorrow refreshed and focused to take on the day.*

VEGETARIAN

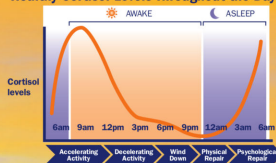
*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

A Good Day Starts with a Good Night.
When stress occasionally keeps you awake at night, wind down with Sleep Tonight!™ formula, and get an edge on the day tomorrow!*

Everyday stressors cause stress hormones in your body to become elevated. Sleep Tonight! helps activate your body's relaxation response to return stress hormones to healthy levels—both night and day.*

Variations of cortisol secretion can be an indicator of how well a body is coping with stress. As illustrated in the chart below, cortisol production is generally at its peak in the early hours of the morning and then gradually declines over the course of the day. Sleep Tonight is formulated to support a balanced cortisol response to stress.*

Healthy Cortisol Levels Throughout the Day



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Put Stress to Rest™

DIETARY SUPPLEMENT

28 TABLETS

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Recommendations: For adults, one tablet before bedtime. Increase to two tablets during times of high stress.

Supplement Facts

Serving Size 1 tablet

Amount per tablet	%DV†
Total Carbohydrate	<1 g <1%†
Stress-Reducing Proprietary Blend ashwagandha (Sensoril® brand) root and leaf extract and L-Theanine (Suntheanine® brand)	250 mg **
Cortisol-Reducing Proprietary Blend magnolia bark extract standardized to 2% honokiol and 1% magnolol and epimedum aerial part extract	225 mg **
Phosphatidylserine	50 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: dextrose, cellulose, modified cellulose gum, stearic acid, modified cellulose, magnesium stearate, titanium dioxide color, silicon dioxide, glycerin, soy lecithin, and carnauba wax.

Caution: Drowsiness may occur. Avoid driving, operating heavy machinery, or consuming alcohol while using this product. If pregnant, nursing, taking prescription drugs, or if you suffer with chronic insomnia, consult a healthcare professional before use. **Keep out of reach of children.**

Sensoril® is a trademark of Natreen, Inc. and is protected under U.S. Patents 6,153,198 and 7,318,938.

Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.

GLUTEN FREE. No sugar, salt, yeast, wheat, dairy products, artificial flavors, preservatives, or ingredients of animal origin.

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Questions? 1-800-783-2286/enzy.com

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