

sleep[☾] | 3,000 mg L-Glycine

- + calms the mind*
- + promotes rapid onset of sleep*
- + improves quality of sleep*

Youtheory® Sleep offers the possibility of quicker, deeper and more refreshing sleep.* This fast-acting drink mix provides broad-spectrum support for occasional sleeplessness.* It features relaxing Amino Acids, calming Magnesium and a "physiological dose" of Melatonin (to replicate the level normally produced by the body each night).*



sleep[☾] nighttime powder

*promotes deep restorative sleep**

Net Wt. 6 oz (172 g) dietary supplement



Suggested Use: (Adults) Mix one (1) scoop with water or juice, 30 minutes before bedtime.

Supplement Facts

Serving Size: One scoop (5.73 g)
Servings Per Container: 30 (by weight)

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Citrate)	200 mg	50%
L-Glycine	3,000 mg	**
L-Tryptophan	1,000 mg	**
L-Theanine	200 mg	**
5-HTP	100 mg	**
Melatonin	0.3 mg	**

**Daily Value not established

Other Ingredients: Natural lemon-lime flavor, silicon dioxide, xanthan gum.

This product is manufactured in a facility that processes whey milk protein and fish extracts.

Usage Warnings: Use only at bedtime. Do not use with antidepressant drugs, alcoholic beverages, when driving a vehicle, or while operating machinery. Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.

manufactured by:



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*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.

