

USAGE: Take 2 capsules 20 to 30 minutes prior to bedtime or as directed by your qualified health care consultant.

WARNING: Do not drive or operate machinery immediately following use of this product.

NOTE: If you have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially MAO inhibitors such as iproniazid), consult your health care practitioner before using this product.

Jarrow FORMULAS® Sleep Optimizer® combines herbs and amino acids that work together to facilitate falling asleep and maintaining a regular sleep cycle.* Gamma-aminobutyric acid (GABA), lemon balm, and L-Tryptophan promote relaxation.* The combination of valerian and hops flower has been studied for its effect on reducing latency (the delay before entry into sleep).* Melatonin is a hormone, secreted by the pineal gland that controls the biological clock and signals the entry into sleep.* Our biological clock can be disturbed by stress, crossing time zones, and changing work shifts.

Keep out of the reach of children.

* 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.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™ Lot #. Best Used Before:
P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

Jarrow
FORMULAS®

Sleep Optimizer®

**Promotes Relaxation*
& A Healthy Sleep Cycle***

PharmaGABA™ • Hops Flower • Valerian • Melatonin • Tryptophan
60 Vegetarian Capsules

Dietary Supplement

Supplement Facts

Serving Size 2 Capsules Servings Per Container 30

	Amount Per Serving	% DV
Valerian Root (<i>Valeriana officinalis</i>) (root)	400 mg	*
L-Tryptophan	300 mg	*
Hops (<i>Humulus lupulus</i> L.) (flower)	100 mg	*
Lemon Balm (<i>Melissa officinalis</i>) (leaves)	100 mg	*
PharmaGABA™ (gamma-aminobutyric acid)	100 mg	*
Melatonin	0.3 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

TryptoPure®

TryptoPure® is a registered trademark of Ajinomoto AminoScience of Japan.

PharmaGABA™

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