



KEY BENEFITS

- Helps you fall asleep faster and stay asleep longer*
- Promotes quality, restorative sleep and supports a healthy sleep cycle*
- Helps maintain a balanced microbiome, which supports quality sleep*
- Encourages healthy mood and stress levels by supporting sleep quality, which can positively impact emotional well-being and resilience.*
- Enhances next-day alertness by helping you feel well-rested and ready to focus and perform at your best*



FEATURES

- 5 mg of melatonin per gummy to help regulate sleep and wake cycles, promoting healthy sleep patterns and helping combat occasional sleep disruptions from stress, travel, or other lifestyle factors*
- 1.7 grams of gut-healthy prebiotic fiber FOS (fructo-oligosaccharides) per gummy to feed beneficial bacteria in the digestive tract, helping the body balance the microbiome nightly during quality, restful sleep*
- Tranquil blend that contains ashwagandha (an adaptogenic herb) along with GABA, lemon balm extract, and L-tryptophan, to complement your body's natural sleep processes by supporting feelings of overall well-being*
- Drug-free and non-habit forming to ensure safe support for sleep without dependency
- Sugar-free mixed berry flavor



DIRECTIONS: Adults take 1 gummy 30 – 60 minutes before bedtime. For best results, use nightly and allow for more than 6 hours of sleep.

Supplement Facts		
Serving Size 1 Gummy		
Servings Per Container 30		
	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	1%†
Dietary Fiber	2 g	7%‡
Total Sugars	0 g	†
Includes 0g Added Sugars		0%‡
Prebiotic Blend	1.7 g	†
Short-chain fructooligosaccharides (FOS), oligofructose		
Tranquil Blend	78.5 mg	†
Ashwagandha root and leaf extract (min. 10% withanolide glycosides), gamma-aminobutyric acid (GABA), L-tryptophan, lemon balm leaf extract		
Melatonin	5 mg	†
‡Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value (DV) not established.		

Other Ingredients: Purified water, blueberry fruit juice concentrate, citrus pectin, natural flavors, citric acid, tapioca starch, medium chain triglyceride (MCT) oil, malic acid, coating (coconut oil & carnauba wax), and stevia.

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Consult your physician if you are experiencing long-term sleep difficulties. Do not consume alcohol, drive or operate machinery after taking this product. Do not use if tamper evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

Sugar free
Gluten free, gelatin free, non-GMO and vegan
No artificial colors, flavors, sweeteners, or preservatives

*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 By: Plexus Worldwide® Scottsdale, AZ 85258
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HOW TO USE

- Take 1 gummy before bedtime as needed to help relieve occasional sleepless nights.*

BETTER TOGETHER

- **TriPlex:** A simple 3-product system that supports gut health, which leads to whole body health*
- **The Gut Balance, Lean Body System:** A product system that combines gut health, healthy eating, and movement in an easy-to-follow, 30-day program that delivers true, noticeable results
- **VitalBiome®:** A product that balances your gut microbiome to support improved mood and healthy digestion*



VEGAN



GLUTEN
FREE



NON-GMO



DAIRY
FREE



NO ARTIFICIAL
COLORS, FLAVORS
OR SWEETENERS

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product information



SCAN OR
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