



# KEY BENEFITS

- Helps to reduce the time it takes to fall asleep
- Helps re-set the body's sleep-wake cycle
- A healthy sleep pattern has been shown to help with symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate
- A healthy sleep pattern plays an important role in maintaining gut microbial balance and overall digestive health

# FEATURES

- 5 mg of melatonin per gummy
- 1.7 grams of prebiotic fibre per gummy
- Contains ashwagandha (an adaptogenic herb) along with GABA, lemon balm extract, and L-tryptophan
- Sugar-free mixed berry flavour
- No artificial colours, flavours, sweeteners, preservatives, dairy, gluten, or GMO ingredients

# HOW TO USE

Adults take 1 gummy, once a day at or before bedtime. Take with at least 1 glass of liquid. Maintain adequate fluid intake. Take 2 hours before or after taking other medications and/or natural health products. Consult a healthcare practitioner for use beyond 4 weeks.



## MEDICINAL INGREDIENTS

### Each Gummy Contains:

Fructooligosaccharides ( <i>Cichorium intybus</i> – Root, <i>Saccharum officinarum</i> - Stem)	1.7 g
Ashwagandha ( <i>Withania somnifera</i> ) root and leaf extract (10% Withanolide glycosides)	62.5 mg
GABA (gamma-Aminobutyric acid)	10 mg
Melatonin	5 mg
L-Tryptophan	5 mg
Lemon balm ( <i>Melissa officinalis</i> ) herb top	1 mg

# BETTER TOGETHER

- **TriPlex:** Support your wellness when you Weed with Bio Cleanse™ to help relieve irregularity, Seed with ProBio CA to help support your intestinal health, and then Feed with Slim or Slim Hunger Control to support healthy glucose metabolism.
- **VitalBiome®:** A natural health probiotic that helps support intestinal health, promote beneficial gut flora, and reduce stress-related gastrointestinal discomfort.



VEGAN



GLUTEN  
FREE



NON-GMO



GELATIN  
FREE



NO ARTIFICIAL  
COLOURS,  
FLAVOURS,  
SWEETENERS OR  
PRESERVATIVES



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