



# BETTER SLEEP FOR BETTER DAYS™★

★ 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.

Sleep & Shine uses Melatonin and clinically tested Shoden® Ashwagandha to help you fall asleep, stay asleep and wake up refreshed.\*



**Good Sleep Influences How Your Day Unfolds, Affecting:**

- ✓ Energy Levels
- ✓ Overall Mood
- ✓ Attitude



**WITH MELATONIN TO HELP YOU FALL ASLEEP FAST\***



★ 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.

**HELPS IMPROVE SLEEP QUALITY, SO YOU WAKE UP FEELING RESTORED\***



★ 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.

**HELPS YOU SLEEP BETTER & SUPPORT YOUR OVERALL MOOD\***



★ 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.

### Helps You Fall Asleep Fast\*

Sleep & Shine Sleep Soundly uses Melatonin, a compound that is naturally produced in the body. Melatonin helps regulate your sleep cycle so you can fall asleep fast.\*

### Helps You Wake Feeling Recharged\*

We use clinically tested Shoden® Ashwagandha to help support sleep so you can wake up feeling energized & ready to take on the day!\*

### Helps You Sleep Better & Support Your Overall Mood\*

This unique formula helps support quality sleep which in turn influences how your unfolds, affecting your energy levels, attitude and mood.\*

\*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.

### Frequently Asked Questions



#### When Will My Sleep & Shine Expire?

On the bottom of your Sleep & Shine box (or bottle) you'll find the letters "EXP" (short for expiration). The date printed there indicates when your product will expire.



#### Where Is Sleep & Shine Made?

Our product is manufactured here in the USA with ingredients sourced from around the world.



#### How Many Sleep Soundly Capsules Should I Have Per Day?

Sleep Soundly capsules are intended to be taken once daily, 30 to 60 minutes before bedtime.



#### Have A Question About Sleep & Shine?

Give Sleep & Shine Customer Care a call! You can reach us at 1-800-526-6251, Monday-Friday 9-5 pm EST.



# GET THE SLEEP SUPPORT YOU WANT\*

Make **Sleep & Shine** part of your nightly wellness routine!



★ 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.