



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 Relaxed uses the amino acid L-Theanine and clinically tested Shoden® Ashwagandha to help you relax into better sleep and wake up feeling refreshed.*



Good Sleep Influences How Your Day Unfolds, Affecting:

- ✓ Energy Levels
- ✓ Overall Mood
- ✓ Attitude



WITH L-THEANINE TO HELP REDUCE EVERYDAY STRESS*

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

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HELPS SUPPORT RELAXATION FOR BETTER SLEEP.*

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Supports Relaxation for Better Sleep*

Sleep & Shine Sleep Relaxed uses L-Theanine to help reduce everyday stress so you can relax and wind down.*

Helps You Wake Feeling Recharged*

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

We Believe That Sleep Marks The Beginning Of The Day™, Not The End

We've made it our mission to support your wellbeing and daily life through better nightly sleep.*

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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 Relaxed Capsules Should I Have Per Day?

Adults 18+ should take one (1) capsule a day, 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!



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