sleep &shine
better sleep for better days
SLEEP RELAXED
CLINICALLY TESTED ASHWAGANDHA
Melatonin Free
Supports relaxation for better sleep
Helps improve sleep quality
Wake feeling restored
30 CAPSULES
TAKE 1 AT NIGHT
DIETARY SUPPLEMENT

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SLEEP RELAXED
Melatonin Free
30 CAPSULES
Sleep Support Capsules*
30 ct

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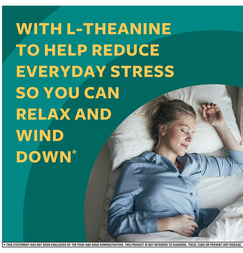
BETTER SLEEP FOR BETTER DAYS™*
SHODEN® ASHWAGANDHA
Clinically tested Shoden Ashwagandha helps support restful sleep so you can feel more energized and be ready to take on the day.*
L-THEANINE
This amino acid, commonly found in green tea, helps reduce everyday stress so you can relax and wind down.*
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Good Sleep Influences How Your Day Unfolds, Affecting:
✓ Energy Levels
✓ Overall Mood
✓ Attitude


WITH L-THEANINE TO HELP REDUCE EVERYDAY STRESS SO YOU CAN RELAX AND WIND DOWN*
*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*
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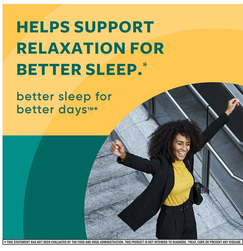
HELPS SUPPORT RELAXATION FOR BETTER SLEEP.*
better sleep for better days™*
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DIRECTIONS: Adults 18 years and older, take one (1) capsule daily, 30 to 60 minutes before bedtime.
Supplement Facts
Serving Size 1 Capsule
Amount Per Serving
% Daily Value
Ashwagandha Extract (Withania somnifera) (root and leaf) 120 mg †
L-Theanine 200 mg †
†Daily Value not established.
Other Ingredients: hypromellose, microcrystalline cellulose, magnesium stearate, silicon dioxide
THIS PRODUCT CONTAINS SULFITES.

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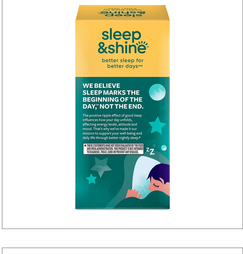
SLEEP RELAXED
CLINICALLY TESTED ASHWAGANDHA
Melatonin Free
Supports relaxation for better sleep
Helps improve sleep quality
Wake feeling restored
30 CAPSULES
TAKE 1 AT NIGHT
DIETARY SUPPLEMENT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WE BELIEVE SLEEP MARKS THE BEGINNING OF THE DAY, NOT THE END.

BETTER SLEEP FOR BETTER DAYS™
SHODEN® ASHWAGANDHA
L-THEANINE

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Distributed by: Sleep & Shine, LLC
Boca Raton, FL 33431
sleepandshine.com | 1-800-306-4257
Caution:
Do not use if you are pregnant or nursing. Consult with a physician before using this product if you are under the care of a physician, are taking prescription medication, or have a medical condition.
Store at room temperature. Keep out of reach of children. Avoid alcohol while using this product. Do not use if safety seal is broken or missing. Do not operate machinery or drive while using this product.
KEEP OUT OF REACH OF CHILDREN.
If pregnant or nursing, consult a physician before use.
If taken with other medications, consult a physician before use.
Store in a cool, dry place away from direct sunlight.

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