

Sleep Gummies

Supports relaxation, ease falling asleep and restful sleep throughout the night[‡]

INDICATIONS

Triple action support for:

- Relaxation[‡]
- Sleep onset[‡]
- Restful sleep[‡]

DESCRIPTION

Sleep Gummies offer comprehensive triple-action support for relaxation, sleep onset and sustained restful sleep in a great-tasting gummy form.[‡] This formula provides the following ingredients:

- Melatonin to promote sleep onset and efficiency. It is provided in the patented MicroActive[®] delivery system. An unpublished pharmacokinetic study of MicroActive[®] melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose, indicating support for sleep onset and prolonged sleep throughout the night.[‡]
- L-Theanine to promote relaxation, helping calm the body to prepare for restful sleep. Research indicates theanine increases alpha wave activity in the brain, associated with a relaxed mental state, shortly after administration.[‡]
- Lemon balm to promote relaxation, help calm the body and prepare for restful sleep.[‡]
- Vitamin B6, a key cofactor for serotonin and melatonin production. Optimal concentrations have been associated with positive mood and sleep.[‡]

SUGGESTED USE

Take 2 gummies daily, 30-60 minutes before bedtime, or as recommended by your health professional. Adolescents and Children (8 years and older): Take 1 gummy daily, 30-60 minutes before bedtime, or as recommended by your health professional.

STORAGE

Store in a cool, dry place. Use only if safety seal is intact.

WARNING

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication.

Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

NOTES

Bottle count 60

Order code 10656-60U

REFERENCES

1. Higuchi S, Nagafuchi Y, Lee SI, et al. J Clin Endocrinol Metab. 2014 Sep;99(9):3298-303.
2. Kimura K, Ozeki M, Juneja LR, Ohira H. Biol Psychol. 2007 Jan;74(1):39-45.
3. Kennedy DO, Little W, Scholey AB. Psychosom Med. 2004 Jul-Aug;66(4):607-13.
4. Doll H, Brown S, Thurston A, Vessey M. J R Coll Gen Pract. 1989 Sep;39(326):364-8.

SUPPLEMENT FACTS

Supplement Facts				
Serving size	1 gummy (2.2 g) (ages 8-18)		2 gummies (4.4 g) (ages 19 and up)	
Servings per container	60		30	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5		10	
Total Carbohydrate	2 g	<1% [^]	3 g	1% [^]
Total Sugars	<1 g	*	1 g	*
Includes <1 g Added Sugars (1 gummy)		1% [^]		
Includes 1 g Added Sugars (2 gummies)				2% [^]
Vitamin B6 (as pyridoxine hydrochloride)	1.5 mg	88%	3 mg	176%
Sodium	10 mg	<1%	15 mg	<1%
MicroActive [®] Melatonin	0.5 mg	*	1 mg	*
Lemon Balm (<i>Melissa officinalis</i>)	20 mg	*	40 mg	*
Aerial Parts Extract				
L-Theanine	75 mg	*	150 mg	*
Organic Fruit Blend (Strawberry Fruit, Raspberry Fruit, Wild Blueberry Fruit, Sour Cherry Fruit, Pomegranate Fruit, Cranberry Fruit)	2.5 mg	*	5 mg	*

* Daily value (DV) not established
[^] Percent daily values are based on a 2,000 calorie diet

Other ingredients: Isomaltoligosaccharides, purified water, organic cane sugar, pectin, citric acid, natural flavours, sodium citrate, hypromellose, sodium alginate, microcrystalline cellulose, carnauba wax, black carrot powder, coating (organic sunflower oil, organic carnauba wax), organic stevia leaf extract.