

## Key Ingredients

### Valerian

Valerian has a long history of use as a calmant. Taken as a supplement, Valerian reduces the amount of time it takes to slip off into deep sleep. Valerian root also works as a good muscle relaxant.

### Lemon Balm

Lemon Balm has been used to promote relaxation and a refreshed state of mind since the Middle Ages in Europe. It is a member of the mint family and is considered a "calming" herb.

### L-Theanine

L-Theanine is an amazing amino acid that is extracted from Green Tea. It puts stress to rest and promotes a calm, relaxed state that allows you to drift off to sleep quickly and naturally.

### Hops Extract

Research from Switzerland has shown that combining Valerian and Hops creates a very effective sleep aid and was more effective than Valerian alone. Hops have been used for occasional sleep difficulties caused by restlessness, nervous tension or jet lag.

### Magnolia

Magnolia promotes healthy sleep and supports the body's normal nocturnal rhythms during stressful periods. Lack of sleep has shown to be a major cause of elevation of (cortisol) stress hormones.

### Chamomile

Chamomile is a natural relaxant that works to soothe the nerves and promote sound, restorative sleep. It is one of the most gental natural sleep aids and can be combined with other sleep-enhancing herbs.

### Melatonin

This is your body's natural sleep regulator. When it comes to falling asleep and staying asleep for the night, Melatonin is king. Unfortunately, after age 40, most of us are producing less than we really need.

## Sleep So Well

**Insomnia** is the most prevalent sleep problem for adults in America. According to the National Sleep Foundation polls, nearly 6 out of 10 men and women - **126 million people** - cexperience at least one symptom of insomnia a few nights a week. Your risk of insomnia increases with: stress, advancing age, being a woman, changing work shifts or long-distance travel.

**Sleep So Well** is designed to optimize natural quality sleep and your satisfaction is guaranteed. This unique formula not only helps you fall asleep easily and enjoy deep, sound sleep all night, but it helps regulate your sleep patterns. Occasional sleeplessness can affect anyone in our hectic, stressful, fast-paced society. Now you can shut off your mental treadmill and drift off to a peaceful state of relaxing sleep.

**Sleep So Well** is a remarkable combination of 7 natural sleep-enhancing herbs and botanicals. Sleep So Well doesn't "put you to sleep" in a forced way. Instead you simply relax and fall asleep safely and awake refreshed the next morning without feeling "groggy". Have you forgotten what it feels like to be truly "rested"? A great night's sleep awaits you with Sleep So Well.

Sleep So Well for a restful night's sleep.....helps with jet lag too!

### Sleep So Well Formula

Supplement Facts		
Serving Size: 2 Capsules		
	Amount Per Serving	%Daily Value
Valerian Extract (Valeriana Officinalis-root) (0.8% Valerenic Acids)	500 mg	†
Lemon Balm Extract (Melissa Officinalis-leaf) (5% Rosmarinic Acid)	300 mg	†
L-Theanine (from Green Tea)	200 mg	†
Hops Extract (Humulus Lupulus-flower) (1% Essential Oils)	120 mg	†
Magnolia Extract (Magnolia Officinalis-bark) (2% Honokiol)	25 mg	†
Chamomile Extract (Matricaria Chamomilla-flower) (1.2% Apigenin)	25 mg	†
Melatonin (Pharmaceutical Grade)	1 mg	†
†Daily Value not established.		
Other Ingredients: Rice Powder, Magnesium Stearate, Vegetable Cellulose Capsule		

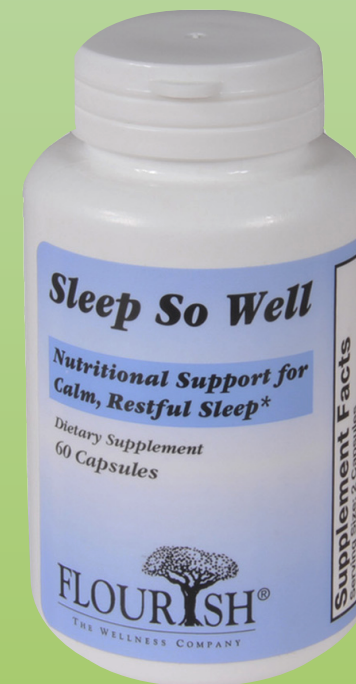
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, prevent or diagnose any disease.

# Sleep So Well

### Sleep So Well Benefits:

- ✓ Fall asleep easily
- ✓ Enjoy optimal sleep quality
- ✓ Sleep a full 8 hours
- ✓ Feel rested the next day



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