

Sleep Solution

Single-dose liquid; support for occasional sleeplessness[†]

INDICATIONS

- Ages 18 and up
- Healthy sleep and rest support[†]

BENEFITS

- Offers broad-spectrum support for occasional sleeplessness[†]
- Supports a healthy sleep cycle[†]
- Facilitates the onset of sleep and sleep efficiency[†]
- Targets both emotional and muscle relaxation[†]

FEATURES

- Contains a unique blend of magnesium, glycine, l-theanine and melatonin
- Convenient, single-serve, ready-to-drink bottle for easy bedtime and travel use
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Sleep Solution (single-dose liquid) contains a unique blend of magnesium, glycine, l-theanine and melatonin in a convenient, single-serving liquid delivery system to offer broad-spectrum support for occasional sleeplessness.¹⁻³ The formula targets both emotional and muscle relaxation, as well as sleep onset and quality to encourage restful sleep throughout the night.¹⁻³ In addition, glycine and magnesium are included to support muscle relaxation and a healthy sleep cycle.^{2,3} In a small study involving sleep-deprived volunteers, 3 g of the inhibitory neurotransmitter glycine enhanced subjective sleep quality, sleep onset time and daytime alertness.³ Melatonin also facilitates the onset of sleep and sleep efficiency.⁴ L-Theanine promotes relaxation and moderates occasional stress.⁵ Research indicates that L-theanine enhances alpha wave production in the brain, an indication of relaxation.⁶ Xylitol is included in the formula for its sweetening and dental health properties, including support for salivary pH and mineral concentrations to promote microflora balance and tooth mineralization.[†]

SUGGESTED USE

As a dietary supplement, take 1 bottle 30-60 minutes before bedtime.

STORAGE

Store in a cool, dry place.

WARNING

Consult a health 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.

SOURCE

- Magnesium is derived from the lime of rock
- Citric acid is derived from corn dextrose fermentation
- Glycine and melatonin are synthetic
- Theanine is derived from fermentation
- Xylitol is derived from corn cob
- Stevia is from the leaves of the botanical *Stevia rebaudiana*

NOTES

Serving Size 58 ml / 1.96 fl oz (1 bottle)

Bottle count 6 (6 servings)

Order code SLB6

Bottle size 60 ml

REFERENCES

1. Bannai M, Kawai N. *J Pharmacol Sci.* 2012;118(2):145-8.
2. Nielsen FH, Johnson LK, Zeng H. *Magnes Res.* 2010 Dec;23(4):158-68.
3. Yamadera W, Inagawa K, Chiba S, et al. *Sleep and Biological Rhythms.* April 2007. 5(2): 126-131.
4. Garzón C, Guerrero JM, Aramburu O, Guzmán T. *Aging Clin Exp Res.* 2009 Feb;21(1):38-42.
5. Kimura K, Ozeki M, Juneja LR, Ohira H. *Biol Psychol.* 2007 Jan;74(1):39-45.
6. Kobayashi K, Nagato Y, Aoi N, et al. *Kaishi* 1998;72(2):153-7.

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SUPPLEMENT FACTS

1 bottle 30-60 minutes before bedtime.

Serving size: 58 ml / 1.96 fl oz (1 bottle)
Servings per container: 6

Each (58 ml/1.96 fl oz) bottle contains:

Calories	20
Total carbohydrate	2 g
Sugar alcohols	2 g
Magnesium (as magnesium citrate)	145 mg
Glycine (free-form)	3 g
Suntheanine® L-theanine	100 mg
Melatonin	2 mg

Other ingredients: purified water, xylitol, citric acid, natural raspberry, lemonade and other natural flavors, potassium sorbate, purified stevia leaf extract

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Sleep Solution (single dose liquid)	Quantity	Order Code
	6 bottles 58 ml (1.96 fl oz)	SLB6

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[†]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.