

There is just no substitute for a good night's sleep. Now you can enjoy a great night's sleep any night of the week & enjoy all day energy the next day!

Sleep Refresh™ is a 100% all-natural sleep formula, scientifically formulated to help fully restore serotonin levels and thus ensure your best quality deep sleep cycles.*

Recommended Use: Take 2 capsules one hour before going to bed or as directed by your healthcare consultant. Should not be taken with hot fluids, milk or other proteins. Do not exceed recommended dosage.

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

Sleep Refresh™

FOR A GOOD NIGHT'S SLEEP
DIETARY SUPPLEMENT
60 CAPSULES

Supplement Facts:
Serving Size: 2 vegetarian capsules
Servings per container: 30 (60 Count)

	Amount Per Serving	% DV**
5-Hydroxytryptophan (5-HTP)	500mg	*
Valerian Officialis	200mg	*
Passiflora Incarnata	200mg	*
GABA	100mg	*
Suntheanine	100mg	*
Pyridoxal 5' Phosphate	10mg	*

*Daily Value not established

**Percent Daily Values based on a 2,000 calorie diet

Other ingredients: vegetable cellulose and water.

KEEP OUT OF REACH OF CHILDREN

Pregnant and lactating women and persons using antidepressant drugs should consult a healthcare professional prior to use.

Manufactured for:
The Institute for Vibrant Living™
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