



how to take

For best results take 1-2 capsules 1 hour before bedtime as desired or as directed by your healthcare professional.

SUPPLEMENT FACTS

Serving Size: 2 capsules

Servings per container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (from Pyridoxal 5-Phosphate)	5 mg	294%
Magnesium (from Mg Bisglycinate Chelate)	52 mg	12%
Zinc Bisglycinate (from Zn Bisglycinate)	18 mg	164%

Neuro-Calm Blend **578 mg** *

Magnesium Bisglycinate, GABA, L-Theanine, Zinc

Global Botanical Sleep Blend **584 mg** *

Valerian Root (Valeriana officinalis) extract, Hops Extract (Humulus lupulus) extract, Passionflower (Passiflora incarnata) extract, Jujube Seed (Ziziphus jujuba) powder, Ashwagandha (Withania somnifera) extract, Lemon Balm (Melissa officinalis) extract, California Poppy (Eschscholzia californica) powder

* Daily Value not established

Other Ingredients: Vegetable Capsules, Vegetable Stearate

formulated with

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SLeP

REST. RECOVER. RENEW.



SLĒP: REST. RECOVER. RENEW.

SLĒP is more than a quick fix—it's a nightly process that helps rebalance your body, calm your mind, and restore healthy sleep rhythms. Thoughtfully crafted with essential minerals and a global botanical blend, SLĒP supports relaxation and the natural regulation of your sleep hormones, so your body can achieve deeper, more restorative rest over time. Wake up feeling refreshed, balanced, and ready to take on your day.



**PROMOTES RESTFUL
SLEEP**



**FALL ASLEEP
FASTER**



**STAY ASLEEP
LONGER**



**SUPPORTS SLEEP
RHYTHMS**



**WAKE UP
RENEWED**

GUIDING YOUR BODY BACK TO NATURAL SLEEP RHYTHMS



Restore balance to sleep cycles

SLĒP works with your body's natural rhythms to support consistent, restorative sleep over time.



Wake energized, not groggy

Unlike harsh alternatives, SLĒP helps you wake up feeling clear, refreshed, and ready for your day.



Support calm, restful nights

Carefully chosen minerals and botanicals ease tension and quiet the mind so your body can fully relax.

Quality sleep isn't just about how many hours you get—it's about your body's ability to move through healthy, restorative cycles. SLĒP combines magnesium, zinc, and vitamin B6 with a carefully selected botanical blend of valerian, hops, passionflower, ashwagandha, jujube seed, lemon balm, and California poppy. Together, these ingredients support long-term balance in your natural sleep patterns and hormones, helping your body reset night after night.

- Calms nightly stress and tension
- Encourages balanced sleep hormones and rhythms
- Non-habit-forming, natural support for deep rest