



Sleep Relief

- Biphasic, time-release tablets
- Quick-release Phase 1 delivers nutrients within 30-45 minutes to naturally promote relaxation and help you gently fall asleep.
- Sustained-release Phase II delivers the rest of Sleep Relief's nutrients over the next 4 hours to naturally help you stay asleep.
- Supports healthy sleep.
- Promotes calmness and relaxation.
- Provides comprehensive neurotransmitter support.



What people are saying...

"I this every night, and I sleep through the night without waking. This is such a relief since I have been struggling with waking up every few hours. I wake up feeling refreshed." - London

"As the name of this supplement says, this is indeed Sleep Relief! Works better than anything else I've tried." - Ellen

"I am already obsessed with the sleep relief. Really impressed with this product. I fell asleep so effortlessly last night and stayed asleep! My favorite was waking up AWAKE and not tired or drowsy feeling." - Nina

"I used to have to take several 10mg melatonin just to get to sleep and then would wake several times during the night. With Sleep Relief I take 1 tablet and am able to stay asleep all night long for a good night's rest." - Lee



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SUGGESTED USE: Take 1-2 tablets 30-45 minutes before bed as needed, or as directed by your healthcare provider. Sweet dreams.

Supplement Facts

Serving Size: 2 Biphasic, Time-Release Tablets

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Niacin (as Niacinamide)	6 mg	38%
Vitamin B6 (as Pyridoxal-5-Phosphate)	6 mg	353%
Magnesium (as Magnesium Glycinate)	80 mg	19%
Proprietary Blend	1132 mg	†
L-Tryptophan, Glycine, L-Theanine, Masson Pine (<i>Pinus massoniana</i>) bark extract, GABA (<i>Gamma Aminobutyric Acid</i>), Ashwagandha (<i>Withania somnifera</i>) whole plant extract, Hops (<i>Humulus lupulus</i>) flower extract, Jujube (<i>Ziziphus jujuba</i>) fruit extract, Skullcap (<i>Scutellaria lateriflora</i>) leaf and stem extract, Magnolia (<i>Magnolia officinalis</i>) bark extract, Melatonin		

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropylmethylcellulose, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium, Silicon Dioxide.