

## SLEEP

Solutions4 Sleep formulation is a part of the new brain based supplements. This supplement uses a special blend of herbal extracts and other naturally occurring substances that help calm the mind and encourage deep, restorative sleep.

### Helps To:

- Increase REM sleep
- Give a sense of calm
- Reduce irritability and nervousness
- Reduce sleep disturbances throughout the night

### Concentrated Formula Contains:

Melatonin

5-hydroxytryptophan

Vegetable Cellulose

Gamma-Aminobutyric Acid

**Suggested Use:** 1 capsules

1 capsules daily will last: 30 days

**Sizes Available:** 30 capsules

**Shelf Life:** 7 years

