

Natural Rejuvenation Formula

A good night's rest tonight is crucial for an effective tomorrow. When you sleep well, you feel relaxed and calm. You're better able to perform your daily tasks; you're more focused, alert and ready to handle new challenges. When you don't get the sleep your body needs, you notice a difference right away. Unfortunately, few people recognize the importance of adequate rest. Sleep is not merely a "time out" from our busy routines; it is essential for good health, mental and emotional functioning and safety.

4Life's SleepRite is a tremendous formula designed to support restful and rejuvenating sleep. It combines Melatonin, a proven alternative to naturally aid sleep, with 5-Hydroxytryptophan, Vitamin B6 and a remarkable proprietary blend, providing you with a complete and highly effective supplement that promotes healthy sleep patterns and overall health.

Key Points

- **A Natural Way for a Better Night's Sleep:** Melatonin is a natural hormone secreted by the brain's pineal gland. It is produced in response to darkness and has been shown to help support normal sleep patterns. Results from various double blind studies showed that people who took standard Melatonin slept better, took less time to fall asleep and felt more energetic and awake during the day. Melatonin can be especially helpful for people whose natural sleep cycle has been disturbed, such as travelers from jet lag or workers on rotating or late shifts. In addition to its sleep benefits, evidence suggests that Melatonin may also provide some support for a healthy immune system.
- **Improved Sleep Patterns:** 5-Hydroxytryptophan (5-HTP) has been used clinically for over 30 years and has been shown to support healthy mood, behavior and sleep patterns. Naturally produced by the body from the essential amino acid L-tryptophan, 5-HTP is the immediate precursor to serotonin. 5-HTP supplements are developed from the seeds of the African plant, griffonia simplicifolia.
- **Synergistic Blend Ensures Effectiveness:** Many other herbs have also demonstrated relaxant properties, including valerian, kava kava, scullcap, hops and chamomile. A proprietary blend, combining each of these herbs, offers the benefits of healthy levels of relaxation and sleep.

Did you know?

Getting a good night's rest is more important than you think. Scientists at the University of Chicago published research in the October 9, 2003 issue of Nature exploring the effects of sleep. Through their studies, they found that the brain activity that occurs while we are sleeping encourages higher types of learning.

Rapid Eye Movement sleep, or REM, is perhaps the most crucial of the five stages of the sleep cycle. It accounts for about 20% of our total sleep time. During REM sleep, dreaming occurs and the brain is very active.

Technical Points

- Vitamin B6 is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health. In addition to promoting red blood cell production, it is required by the nervous system and is needed for normal brain function. Vitamin B6 also plays a major role in making protein, hormones and neurotransmitters (chemicals that carry signals between nerve cells).



DIRECTIONS: Take one (1) capsule at bedtime with 8 oz of fluid.

Serving Size: One (1) Capsule
Servings Per Container: 30

Supplement Facts

Amount Per Serving		%DV
Vitamin B6 (as pyridoxine hydrochloride)	15 mg	750%
Melatonin	2.5 mg	*
5-Hydroxytryptophan (Griffonia simplicifolia)(seed)	30 mg	*
Proprietary Blend	215 mg	*
Valerian (.8% valerinic acid)(root)		
Kava Kava Extract (root)		
Scullcap (whole herb)		
Hops (aerial parts)		
Chamomile (aerial parts)		

*Daily Value (DV) not established

Ordering Information

Item # 28090 - 30 ct/bottle

Item # 28091 - 12 for the price of 11