

Enhanced Natural Sleep®

Restore Restful Sleep and Youthful Radiance

Item #01551 • 30 capsules

The consequences of **sleep deprivation** go far beyond the miseries of fatigue and diminished performance. Decades of clinical research document that a good night's rest supports nearly all systems of the body including:

Three Proven Ways to Restore Relaxation and Restful Sleep

Enhanced Natural Sleep® with Melatonin combines three clinically validated, natural compounds that have been shown to support **healthy, restful sleep**, and promote **healthy response to stress**, while targeting sleep debt-related factors associated with **skin aging**. The three ingredients are:

- 1. Bioactive Milk Peptides** (Lactium®), a cutting-edge nutrient complex consisting of patented **bioactive peptides** found naturally in milk. Used widely in **Europe** to promote sustained and restful sleep patterns, published studies reveal that these **bioactive milk peptides** also promote relaxation, help with stress, and support daytime cognition.
- 2. Melatonin.** Melatonin is a compound your brain produces to regulate your sleep-wake cycle. The problem is melatonin levels naturally decline with age and adversely affect sleep patterns in many people. So this very low dose is designed to supplement your own limited supply and support more sustained, restful sleep.
- 3. Sendara®.** A proprietary nutrient complex consisting of **ashwagandha** and **Indian gooseberry** extracts. Prized in traditional cultures for their ability to promote healthy skin function and appearance, these plant-based compounds have since gained substantial *clinical* validation. Indian gooseberry provides broad-spectrum antioxidant support and has been used to preserve youthful skin health and appearance in many skin care products. Ashwagandha promotes a healthy response to stress, yielding **62% relaxation support** compared to placebo with just **125 mg** per day in one clinical study.

Sendara® is a registered trademark of Nutragenesis, LLC, and is protected under U.S. Patent No. 8,206,757. Lactium® is used under license.

New look outside.
Same quality inside.



The transition to this new look will happen over time.

The suggested daily serving size of just one capsule supplies:

Sendara® [proprietary blend of..... 200 mg
Ashwagandha extract (root and leaf) standardized to withanolide glycoside conjugates and
Amla extract (fruit) standardized to low molecular weight hydrolysable tannins]
Casein decapeptide..... 150 mg
(Bioactive Milk Peptides)
Melatonin (immediate release)1.5 mg
Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetable stearate, silica.
Contains milk (casein decapeptide).

Dosage and use

- Take one capsule daily 30 to 60 minutes before bedtime, with or without food, or as recommended by a healthcare practitioner.

Caution: Consult your healthcare provider before taking this product if you are being treated for a medical condition (especially autoimmune or depressive disorders). Use caution if combining with alcohol. This product is not intended for children, pregnant or lactating women, or women trying to become pregnant. Do not attempt to drive or operate heavy machinery after taking this product.



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