

SLEEP COMPLETE

MADE WITH
**NON
GMO**
ingredients

Sleep Complete provides nutrient and botanical support for optimal sleep and healthy circadian rhythms.* This formula boasts clinically relevant levels of melatonin and direct support for the neurotransmitters associated with tranquility and relaxation.*

With just five simple ingredients, Sleep Complete provides multiple avenues for sleep support.

About the Ingredients:

Sensoril[®] Ashwagandha

In order to truly support long term balance of the sleep cycle, it is essential to support the circadian rhythm, which is accomplished effortlessly by the evidence-based Sensoril[®] Ashwagandha included in Sleep Complete.* This ingredient contains active constituents called glycowithanolides, which mimic certain corticosteroids, supporting healthy cortisol levels.*

Suntheanine[®] L-Theanine

Suntheanine[®] is 100% pure L-theanine in a patented, pharmaceutical grade form. L-theanine enables the body to produce other calming amino acids, such as dopamine, GABA and Tryptophan and helps support concentration, focus, deep muscle relaxation and improved quality sleep.*

Lemon Balm

Lemon balm has traditionally been used to not only support a healthy stress response, but also to promote healthy sleep habits.* This particular lemon balm extract is standardized to 6% rosmarinic acid and combines the power of herbals with an innovative bioassay-guided technology. In clinical research, lemon balm has been shown to support a calm, positive mood, memory, focus and learning. It supports levels of GABA through supporting normal GABA transaminase inhibition, acts as receptor agonists for Muscarinic M1, thereby exerting supportive effects on the CNS, and supports normal cortisol levels.*

GABA

GABA is one of the most abundant neurotransmitters in the CNS. As a supplement, it acts as a neurotransmitter to support normal nerve transmission and relaxation in the brain.*

Melatonin

Melatonin plays an important role in when we fall asleep and when we wake up. Darkness stimulates the release of melatonin and light suppresses its activity. Normal melatonin cycles are disrupted when we are exposed to excessive light in the evening or too little light during the daytime. Melatonin supports sleep onset, quality of sleep, increased Rapid

Eye Movement time, deep sleep and dreaming.* These changes demonstrate better quality sleep, which produces greater mental, physical and emotional rejuvenation.* Melatonin can decrease the amount of time required to fall asleep, increase the number of sleeping hours and support daytime alertness.* Melatonin may improve quality of life in those who suffer from insomnia.* Melatonin supports sleep quality to help balance sleep/wake cycles and maintain normal physical and mental health, including positive mood states.*

Suggested Use: As a dietary supplement, take 2 capsules before bedtime, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric Acid) 500 mg	*
Sensoril [®] Ashwagandha (<i>Withania somnifera</i>) Root and Leaf Extract 250 mg	*
<i>Melissa officinalis</i> (Lemon Balm Extract) 150 mg	*
L-Theanine (Suntheanine [®] Brand) 100 mg	*
Melatonin 5 mg	*

*Daily Value not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: This product may cause drowsiness; use caution in operating automobiles and heavy machinery. Do not take with alcohol as drowsiness can increase. Discontinue use 2 weeks prior to surgery.

VEGETARIAN / GLUTEN FREE / SOY FREE

Sensoril[®]
vitalizing mind & body

Sensoril[®] is a trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 and 7,318,938.

Suntheanine[®]

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

*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.

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LIPOSOMAL C

MADE WITH
**NON
GMO**
ingredients

A Liposomal Vitamin C Dietary Supplement*

Liposomal Vitamin C:

- Is vegetarian and sugar free
- Is available in a liquid liposomal delivery system to support assimilation and bioavailability*
- Helps maintain collagen*
- Helps the body form red blood cells*
- Provides antioxidant protection against free radicals*
- Supports the immune system*
- Supports gum tissue health*

About Vitamin C

Vitamin C (Ascorbic acid) is an essential, water soluble nutrient that acts as an antioxidant by protecting the body against oxidative stress. When there are more free radicals (reactive oxygen species, ROS) in the human body than antioxidants, the condition is called oxidative stress. Oxidative stress can lead to many health challenges. Vitamin C is also a cofactor in at least eight enzymatic reactions, including several collagen synthesis reactions. Vitamin C is found in high concentrations in immune cells, and it is consumed quickly when the immune system faces a challenge.

Liposomal Delivery System

Liposomal encapsulation of ingredients represents a new delivery system that offers important advantages over existing methods of delivery. The liposome has hydrophilic and hydrophobic sides offering a fat and water portion which allows vitamin C to be absorbed through the fat and water soluble pathways for optimal utilization by the body. This liposomal delivery system is especially beneficial for patients who have had gastric bypass surgery, general gastro-intestinal challenges, and for those patients who require large amounts of Vitamin C.*

Suggested Use: As a dietary supplement, take 1 teaspoon (5 ml) once or twice daily with food, or as directed by your healthcare practitioner. Shake well before each use.

Supplement Facts

Serving Size 1 Teaspoon (5 ml)
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories 30	
Total Carbohydrates 5 g	2%†
Vitamin C (as Sodium Ascorbate) 1,250 mg	1,389%
Sodium (as Sodium Ascorbate) 160 mg	7%
Stevia Leaf Extract 10 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other Ingredients: glycerin, purified water, sunflower lecithin, sunflower oil, oleic acid polyglyceride, ascorbyl palmitate, natural flavors, ascorbic acid, xanthan gum, rosmarinic acid, mixed tocopherols, potassium sorbate.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / SOY FREE / GLUTEN FREE

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ZINC LOZENGE + ELDERBERRY

MADE WITH
**NON
GMO**
ingredients

Defend Against Immune Challenges All Year Long with Zinc, Elderberry, and D3*

- Keep the immune system strong*
- Support healthy lungs*
- Soothe throat tissues*
- Contains healthy sweeteners

This convenient lozenge delivers immune boosters to the tissues that need it most: the throat and sinuses.* Zinc lozenges are well-studied for supporting respiratory health and keeping throat tissues comfortable and healthy.* Elderberry (*Sambucus nigra*) has a good track record as a botanical involved in lung and immune system health.* Vitamin D3 keeps immune cells working at peak capacity.* Many elderberry and zinc lozenges on the market contain sugar, but our lemon-berry lozenges taste great and are sweetened with xylitol, stevia, and honey powder.

Feel Better with Zinc*

Zinc inadequacy is associated with a poorly functioning immune system.* In addition, many studies show that zinc supplementation can support feelings of wellness.* Zinc keeps the lungs strong and healthy.* Plus, it's involved in other areas of health including comfortable joints, unblemished skin, and fertility in both men and women.*

Keep the Upper Respiratory Tract Healthy with Elderberry*

Elderberry has been used in folk medicine for centuries to support the upper respiratory tract and sinuses.* Modern research shows that elderberry maintains immune health in air travelers.* In addition, a meta-analysis¹ of the medical literature including 180 participants found that elderberry supplementation is an effective way to support upper respiratory health.*

Power Up Immune Cells with Vitamin D3*

Higher vitamin D levels are linked to staying healthy.* Vitamin D3 supports immune cells like macrophages and T cells.* Vitamin D in optimal amounts balances levels of proteins known as cytokines and keeps the lungs healthy.* Inadequate levels are common due to time spent indoors, the use of suntan lotion, older age, and darker skin.* This vitamin is also important for bones and the heart.*

Zinc Lozenge + Elderberry Is Recommended For:

- Boosting the immune system*
- Maintaining health during immune challenges*
- Healthy respiratory tract and lungs*
- Comfortable ears, nose, and throat*
- Healthy travelers*

Suggested Use: As a dietary supplement, take 1 lozenge daily, or as directed by your healthcare practitioner. Let dissolve in mouth.

Supplement Facts

Serving Size 1 Lozenge
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories 5	
Total Carbohydrates 2 g	1%†
Vitamin D3 (as Cholecalciferol) 25 mcg (1000 IU)	125%
Zinc (as Zn Citrate & Zn Gluconate) 23 mg	209%
Elderberry (<i>Sambucus nigra</i>) Fruit Powder 100 mg	*
Elderberry (<i>Sambucus nigra</i>) Fruit Extract (30% polyphenols) 50 mg	*
Stevia Leaf Extract 4 mg	*

†Percent Daily Values are based on a 2,000-calorie diet.
*Daily Value Not Established.

Other Ingredients: xylitol, stearic acid, vegetable stearate, citric acid, honey powder, silica, natural lemon flavor.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

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¹Hawkins J, Baker C, Cherry L, Dunne E. Black elderberry (*Sambucus nigra*) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials. *Complement Ther Med.* 2019;42:361-365. doi:10.1016/j.ctim.2018.12.004

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