

SLEEP+

rejuvenating, refreshing,
restful sleep*



FALL ASLEEP
FASTER*

STAY ASLEEP
LONGER*

IMPROVES
SLEEP
QUALITY*

The key ingredients in Sleep+ have multiple scientific studies that show significant benefits including helping you to fall asleep faster, stay asleep longer, and experience higher quality plus more rejuvenating sleep.*

- 1 Relieves occasional sleeplessness*
- 2 Provides a soothing and refreshing night's sleep, without morning grogginess*
- 3 Improves quality of sleep and ease of falling asleep*
- 4 Encourages restful sleep, calms the nervous system, and helps reduce stress*
- 5 Decreases the number of nighttime awakenings and sleepless nights*

Through the years, science has made it clear just how important sleep is to our mental and physical health, as well as our overall well-being. Between 50 to 70 million adults in the United States have problems with quality and/or quantity of sleep.*

The supplement that people typically turn to is melatonin, which is not an effective solution for increasing sleep quality. The majority of melatonin supplements on the market are synthetic, and may help you to fall asleep quickly, but often leave you feeling groggy and sluggish the next day. This happens due to the fact that you are not able to properly cycle through REM sleep or deep sleep.

We've created a more effective way of experiencing better quality sleep. Amare's Sleep+ is a revolutionary new product that features a natural and unique patented ingredient derived from non-GMO corn that encourages your body's own natural production of melatonin. This ingredient has been clinically shown to improve quality of sleep by helping you fall asleep faster, stay asleep longer, and spend more time in REM sleep (for brain rejuvenation) and deep sleep (for body rejuvenation).

Sleep+ contains *Griffonia simplicifolia* seed extract, which includes an active ingredient called 5-Hydroxytryptophan (5-HTP). 5-HTP has been scientifically shown to promote a positive effect on sleep and mood, while also decreasing the time required to fall asleep and reduces the number of nighttime awakenings.*

Sleep+ will leave you feeling more refreshed and revitalized, so you can go about your day happier and healthier.*



Item Code:

Sleep+

S008

WHAT IS THIS LABEL PATTERN?

MELATONIN

A naturally occurring hormone that is produced in the body that regulates sleep and wakefulness.



*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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SCIENCE & INFORMATION

SLEEP+

50% Improvement in sleep efficiency*

40% Improvement in sleep quality*

24% Increase time in REM (brain rejuvenation) sleep*

Fall asleep faster by **33%** and wake up fewer times each night by **30%***

KEY STUDIES

Talbott and Talbott: Effect of Monocot Grass Extract (MGE) on mood state and sleep patterns in moderately stress subjects. Journal of the International Society of Sports Nutrition 2013 10(Suppl 1):P26.

Directions: Take 2-4 capsules approximately 30 minutes prior to bedtime with 8-oz of water. Do not exceed 4 capsules per night.

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving		%DV
Vitamin C (ascorbic acid)	23mg	25%*
Vitamin D3 (as cholecalciferol)	3.8mcg	19%*
Niacin (as niacinamide)	4mg NE	25%*
Vitamin B6 (as pyridoxine HCl)	425mcg	25%*
Folate (as L-5-methyltetrahydrofolate)	100mcg DFE	25%*
Vitamin B12 (as Methylcobalamin)	1.5mcg	83%*
Magnesium (as Amino Acid Chelate)	50mg	12%*
Zinc (as Amino Acid Chelate)	3mg	25%*
Deep Sleep Proprietary Blend	350mg	†
Maizino!™ Corn grass (from <i>Zea mays</i>)		
5-Hydroxytryptophan (from <i>Griffonia simplicifolia</i> seed)		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily needs may be higher or lower depending on your calorie needs.

† Daily Value not established

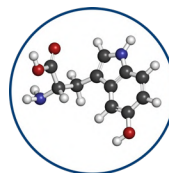
Other ingredients: Rice flour, Plant-based capsule, Rice hulls silica, Rice extract, Rice hulls, Gum arabic, Sunflower oil

KEY INGREDIENTS



CORN GRASS

- Clinically proven to address mental stress and mood imbalances*
- Improves sleep*
- Non-GMO*



5-HTP

- Positive effect on sleep & mood*
- Decreases time required to get to sleep*
- Decreases the number of nighttime awakenings*

TIPS FOR BETTER SLEEP:

- Meditate for 5-10 minutes before going to sleep to calm your mind
- Turn the lights off and put your computer, tablets and/or mobile devices away an hour prior to sleep
- Refrain from eating 2 hours before going to bed
- Avoid caffeine, alcohol and/or drinks with sugar before bed
- Reduce an upset stomach by taking Amare's Digestive after dinner



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