

Nighty Night™

PROMOTES HEALTHY SLEEP*



HIGHLIGHTS

Formulated to address the multiple mechanisms involved in sleep disruption.

Addresses certain chemical reactions involved in obsessive-compulsive tendencies and anxiousness, which are not considered in most sleep formulas.

RECOMMENDED USE

Chew two tablets 30-60 minutes before bedtime, or as directed by your healthcare practitioner.

BENEFITS*



Melatonin helps to manage oxidative stress and is involved in circadian rhythm balance.



5-HTP and L-theanine support the body's natural ability to relax and fall asleep.



Specific to neuroinflammation, inositol supports the brain's natural ability to process and release thoughts, further supporting a sense of calm.



Sweetened with xylitol and mannitol for oral microbiome support.

Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg	588%
Inositol	500 mg	*
L-Theanine	200 mg	*
5-HTP (5-Hydroxytryptophan)	100 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other Ingredients: Xylitol, mannitol, cellulose, vegetable stearate, natural lemon flavor, citric acid, luo han guo extract (fruit).

Free from gluten, dairy, soy, GMOs.

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