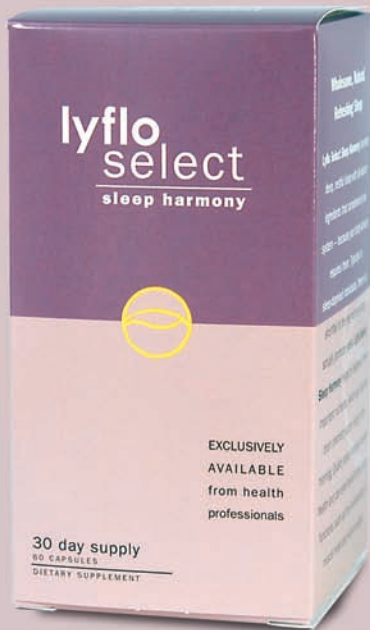


# sleep

## Lyflo Select - Sleep Harmony

Lyflo Select Sleep Harmony promotes deep, restful sleep with natural “building blocks” your body needs. Sleep Harmony contains no sedating herbs and addresses the entire sleep process by slowing and relaxing the mind before sleep. Natural nutrients help produce quality slow-wave sleep and improve brain chemistry upon rising in the morning. GABA, L-Glycine and L-Theanine help calm the overactive mind. Vitamins and minerals that benefit sleep are included as 5HTP, the immediate precursor to improved serotonin production. Melatonin helps regulate circadian rhythms and induce sleep. A modest level of L-Tyrosine provides the building block for improved levels of dopamine. L-Glutamine nourishes and provides energy to the brain for sleep quality that enhances health.



Lyflo Select Sleep Harmony comes in a convenient 30 day supply (60 capsules).

- More than a third of Americans sleep poorly. A portion of this number uses prescription and OTC sleep aids which may increase mortality in long-term users and does not improve brain chemistry or allow for deep, slow-wave sleep.
- Sleep Harmony formula uses many well known nutrients at very safe levels that aid the entire sleep process.
- Benefits of natural sleep include: improved serotonin levels upon rising, lower incidence of depression, increased natural production of Human Growth Hormone, reduced blood stream cortisol and chronic inflammation, increased daytime alertness, lower risk of accidents, better weight control and the improved maintenance of muscle mass.
- Contains no sedating herbs.
- Companion products: Bone Complex.

- **Helps create normal sleep patterns**
- **May help to improve serotonin levels**
- **May reduce the incidence of depression**

### Supplement Facts

Serving Size – 2 Capsules  
Servings per container: 30

	Amount Per 2 Capsules	% Daily Value
<b>Vitamins &amp; Minerals</b>		
Vitamin C	50 mg	83%
Vitamin B6	25 mg	1250%
Magnesium Citrate	50 mg	14%
Zinc Chelate	10 mg	67%
Gaba	250 mg	*
L-Glycine	250 mg	*
L-Glutamine	100 mg	*
L-Theanine	50 mg	*
5HTP	50 mg	*
L-Tyrosine	50 mg	*
Melatonin	1.5 mg	*

\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Gelatin, Cellulose, Silicon Dioxide.

### Suggested Usage:

Adults 12 years and older, take two capsules one hour before bedtime. For best results avoid eating several hours before bed.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.