

# PRO

## Sleep

Improves overall sleep

- Sleep
- Mental clarity
- Anxiety and relaxation
- Mood
- Menopause



 Vegan
  Non-GMO
  Gluten Free

### PRODUCT DESCRIPTION

Pro Sleep is a comprehensive sleep formula addressing multiple mechanisms of circadian rhythm regulation and nervous system relaxation while promoting antianxiety pathways.

The combination of key neurotransmitters and precursors such as GABA, 5-HTP and L-theanine, in addition to melatonin and potent relaxing botanicals such as valerian, passionflower and lemon balm, synergistically help decrease sleep onset latency and improve sleep quality.

Pro Sleep is helpful for those who have difficulty falling asleep, staying asleep, or feeling rested upon waking, and can be especially helpful in cases of jet lag, shift work, and insomnia.

### AOR ADVANTAGE

Many sleep formulas contain only melatonin, or may only address one aspect of sleep. If you have used the individual ingredients found in this formula with no success, Pro Sleep may offer a more effective natural solution as it was specifically formulated to be the most comprehensive natural sleep aid available. It effectively addresses short-term sleep disorders due to anxiety, stress, or a disruption in circadian rhythm, as well as long-term factors like shift work and jet lag. Due to its unprecedented potency, Pro Sleep must only be used as directed.

#### NPN: 80028811

60 capsules

#### Serving Size:

Two capsules

#### Medicinal Ingredients:

GABA (gamma-aminobutyric acid)	100 mg
L-Theanine	200 mg
L-5-Hydroxytryptophan (griffonia seed)	100 mg
Melatonin	3 mg
<i>Valeriana officinalis</i> L. (valerian root extract )	150 mg
<i>Passiflora incarnate</i> L. (passionflower extract, aerial parts)	32 mg
<i>Melissa officinalis</i> L. (lemon balm extract†, aerial parts)	300 mg

† cyracos is a registered trademark of Naturex Inc.

#### Non-medicinal Ingredients:

Maltodextrin, gum arabic, silicon dioxide, sodium stearyl fumarate.  
Capsule: hypromellose

#### Adult Dosage:

Take one to two capsules before bedtime with or without food, or as directed by a qualified health care practitioner.

#### Complementary Products:

Pro Theanine, Pro Adapt, Pro Magnesium Synergy

AOR 34186

#### Cautions:

Do not take Pro Sleep if you are pregnant, breastfeeding, trying to conceive, or taking immunosuppressive drugs. Not to be used by individuals under the age of 18 or those with a medical condition. Do not use if you have scleroderma. Consult a health care practitioner prior to use if taking sedatives, hypnotic medication, psychotropic medications, blood pressure medication, anticoagulant, anticonvulsant, steroids, carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAME), St. John's Wort, antidepressants, pain killers, cough/cold medication containing dextromethorphan, anti-nausea, anti-blood pressure and anti-migraine medication. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Mild gastrointestinal symptoms (e.g., nausea, vomiting, or cramping) and hypersensitivity (e.g., allergy) has been known to occur; in which case, discontinue use. Some people may experience drowsiness. Do not drive or use machinery for five hours after taking Pro Sleep. Exercise caution if engaging in activities requiring mental alertness. Consult a health care practitioner prior to use if you have asthma, cardiovascular disease, immune system disease, hormonal disorder, diabetes or hypoglycaemia, liver or chronic kidney disease, cerebral palsy, seizure disorders, migraine, depression or hypertension, if sleeplessness persists continuously for more than three weeks (chronic insomnia) or if symptoms persist or worsen. Consumption with alcohol, other medications or health products with sedative properties is not recommended.