



Youngevity
ESSENTIAL LIFE SCIENCES

Each night, millions of people struggle to fall asleep, spending the night tossing and turning and dreading the sound of the alarm clock. The next day they wake up feeling tired and groggy...

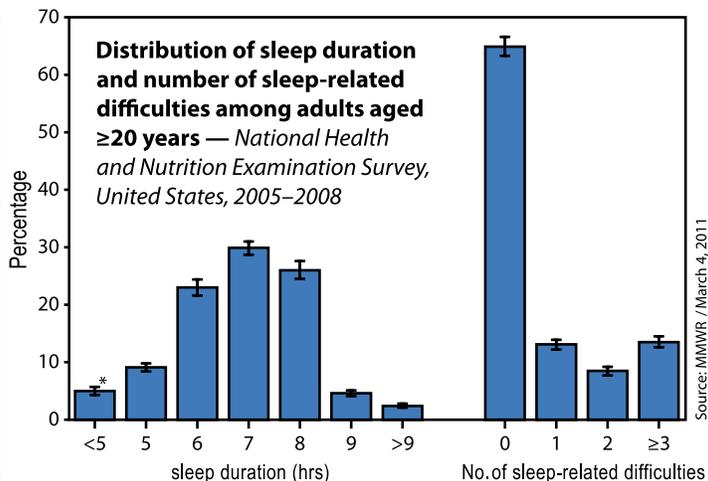
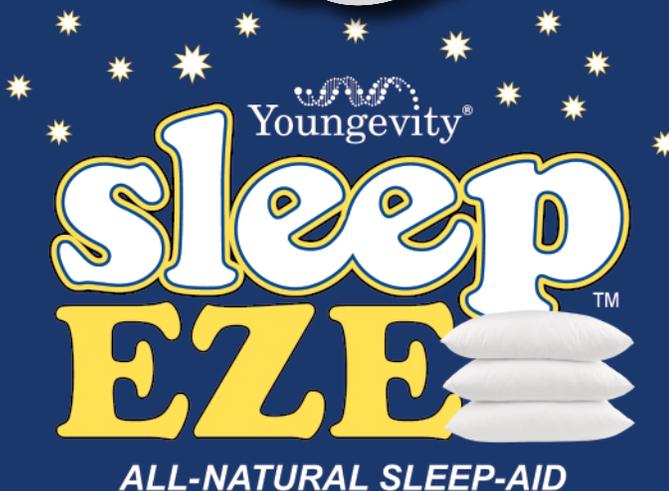


sleep EZE™
key ingredients include:

- **5-HTP (L-5-Hydroxytryptophan)** / 5-HTP works in the brain and central nervous system by increasing the production of the chemical serotonin, which can affect sleep, temperature, appetite, and other functions.*
- **GABA (Gamma-Aminobutyric Acid)** / GABA is a naturally-occurring chemical known to affect mood. Low levels of GABA are associated with sleeplessness.*
- **Melatonin** / This hormone may help you fall asleep faster and promote a healthy sleep-wake cycle.*
- **B Vitamins** / Niacin may promote relaxation and is derived from tryptophan, an amino acid important for maintaining healthy sleep. Vitamin B6 is important for synthesizing GABA.*
- **Calcium and Magnesium** / Deficiencies of these key minerals have been associated with poor sleep.*
- **Proprietary Herbal Blend** / Passion flower, valerian, lemon balm, chamomile and hops have been traditionally used to support a healthy, restful sleep.*

*If this sounds like you, all-new sleep EZE™ from Youngevity® can help. This all-natural sleep aid is specially formulated with natural substances and a proprietary herbal blend to promote a restful, relaxed state.**

Stop dreaming of the day when you finally wake up feeling rested and refreshed. Enjoy a healthful sleep and start your day with feeling energized and alert with...



Manufactured in the USA for:

Youngevity
ESSENTIAL LIFE SCIENCES
2400 Boswell Road
Chula Vista, CA 91914
www.Youngevity.com
(800) 982-3189

Item Code:
#USYG102067
(60 Capsules)

DIRECTIONS: Take 2 capsules 30 minutes before bedtime, or as directed by your healthcare professional.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

	Amount per Serving	%DV*
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Calcium (from calcium carbonate)	100 mg	10%
Magnesium (from magnesium oxide)	250 mg	62%
Proprietary Blend	640 mg	*
Passion Flower Extract, Valerian Root Extract, Lemon Balm Leaf, Chamomile Flower Extract and Hops Strobile Extract.		
5-HTP (L-5-Hydroxytryptophan)	30 mg	*
GABA (Gamma Aminobutyric Acid)	7 mg	*
Melatonin	5 mg	*

* Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin Capsule (gelatin, water, chlorophyllin and carmine), cellulose, silica and vegetable stearate.

WARNING: If you are pregnant, nursing, or taking medications, consult your physician before using this product. **FOR USE BY ADULTS ONLY. KEEP OUT OF THE REACH OF CHILDREN.**

* 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.

FEATURING NEW CUSTOM BLACK CAPSULES WITH SILVER YOUNGEVITY® LOGO

