

SleepRite™

FOR A RESTFUL NIGHT SLEEP



Natural Rejuvenation Formula

If you are counting sheep all night, you're not alone. A recent National Sleep Foundation poll found that 60 percent of American adults experience sleep problems. The inability to sleep well afflicts many of us and saps our ability to fully enjoy and participate in life. In many cases, our lives are simply too busy for us to get the number of hours rest we really need. When we do get to bed, we may stay awake thinking for hours, wake up frequently during the night or too early in the morning and have a hard time going back to sleep.

Unfortunately, few people recognize the importance of adequate rest. Sleep is not merely a "time out" from our busy routines; it is essential for good health, mental and emotional functioning and safety.

4Life's SleepRite is a tremendous formula designed to promote restful and rejuvenating sleep. It combines Melatonin, a proven alternative to naturally aid sleep, with 5-Hydroxytryptophan, Vitamin B6 and a remarkable proprietary blend, providing you with a complete and highly effective supplement that contributes to improved sleep patterns and overall health.

Key Points

- **A Natural Way for a Better Night's Sleep:** Melatonin is a natural hormone secreted by the brain's pineal gland. It is produced in response to darkness and has been shown to help regulate sleep patterns. Results from various double blind studies showed that people who took standard Melatonin slept better, took less time to fall asleep and felt more energetic and awake during the day. Melatonin can be especially helpful for people whose natural sleep cycle has been disturbed, such as travelers from jet lag or workers on rotating or late shifts. In addition to its sleep benefits, evidence suggests that Melatonin may also provide some support to the immune system.
- **Improved Sleep Patterns:** 5-Hydroxytryptophan (5-HTP) has been used clinically for over 30 years and has been shown to have positive effects on mood, behavior and sleep patterns. Naturally produced by the body from the essential amino acid L-tryptophan, 5-HTP is the immediate precursor to serotonin. 5-HTP supplements are developed from the seeds of the African plant, griffonia simplicifolia.
- **Synergistic Blend Ensures Effectiveness:** Many other herbs have also demonstrated relaxant properties, including Valerian, Kava Kava, Scullcap, Hops and Chamomile. A proprietary blend, combining each of these herbs, offers the benefits of synergy and increased effectiveness for reducing restlessness, mild tension and anxiety, and finally helping you to relax and achieve sleep.

Did you know?

Forty-eight percent of Americans report insomnia occasionally, while 22 percent experience insomnia every or almost every night.

Women are 1.3 times more likely to report insomnia than men. People over age 65 are 1.5 times more likely to complain of insomnia than younger people. Divorced, widowed and separated people report more insomnia.

Safety on the job, at home and on the road may be affected by sleepiness. People with insomnia may miss more time from work or receive fewer promotions. After a poor night's sleep, many people report accomplishing fewer daily tasks and enjoying activities less.

People with insomnia are four times as likely to suffer from depression than people who sleep well.

Stress is considered by most sleep experts to be the number one cause of short-term sleeping difficulties.

Technical Points

- Vitamin B6 is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health. In addition to promoting red blood cell production, it is required by the nervous system and is needed for normal brain function. Vitamin B6 also plays a major role in making protein, hormones and neurotransmitters (chemicals that carry signals between nerve cells).



DIRECTIONS: Take one (1) capsule at bedtime with 8 oz of fluid.

Serving Size: One (1) Capsule
Servings Per Container: 30

Supplement Facts

Amount Per Serving	DV%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg 750%
Melatonin	2.5 mg *
5-Hydroxytryptophan (Griffonia simplicifolia)(seed)	30 mg *
Proprietary Blend	215 mg *
Valerian (.8% valeric acid)(root)	
Kava Kava Extract (root)	
Scullcap (whole herb)	
Hops (aerial parts)	
Chamomile (aerial parts)	

*Daily Value (DV) not established

Ordering Information

Item # 28090 - 60 ct/bottle

Item # 28901 - 12 for the price of 11