



PRODUCT COMPARISONS		SLEEP GUMMIES	SLEEP CAPSULES	COLLAGEN TEA																																																																																													
NEED + BENEFIT	WHAT IS IT?	A gummy vitamin with melatonin to help with sleep.	A capsule supplement to support my sleep without melatonin.	A warm and soothing functional tea powder that fits into my evening relaxation routine.																																																																																													
	BENEFITS	<ul style="list-style-type: none"> Supports Healthy and Restful Sleep** Promotes Relaxation** Bedtime BFF** 	<ul style="list-style-type: none"> Improved Sleep** Restful Night's Sleep** Bedtime BFF** 	<ul style="list-style-type: none"> Restful Night's Sleep** Improves Overall Mood** Promotes Calmness and Relaxation** 																																																																																													
HOW TO USE	RECOMMENDED AMOUNT PER DAY	2 Gummies	3 Capsules	2 Scoops																																																																																													
	RECOMMENDED BEVERAGE	N/A	N/A	Hot Water																																																																																													
	RECOMMENDED TIMING	30-60 Min Prior To Sleep	Night	Night																																																																																													
	AVAILABLE FLAVORS	Grape	N/A	Honey Chamomile																																																																																													
GOOD TO KNOW	CERTIFICATIONS	N/A	NSF™ Certified for Sport, Informed Sport Certified	Grass Fed, Pasture Raised																																																																																													
	DIETARY CALLOUTS	<ul style="list-style-type: none"> Made without Gluten Made without Dairy Free of Synthetic Colors and Artificial Flavors 	<ul style="list-style-type: none"> Vegan Friendly Made without Gluten Made without Dairy 	<ul style="list-style-type: none"> Made without Gluten Made without Dairy <1g sugar 																																																																																													
THE DETAILS	SUPPLEMENT FACT PANEL	<p>Supplement Facts Serving Size 2 Gummies Servings Per Container 30</p> <table border="1"> <thead> <tr> <th></th> <th>Amount Per Serving</th> <th>% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>20</td> <td></td> </tr> <tr> <td>Total Carbohydrate</td> <td>4 g</td> <td>1%*</td> </tr> <tr> <td>Total Sugars</td> <td>3 g</td> <td>**</td> </tr> <tr> <td>Includes 3 g Added Sugars</td> <td></td> <td>6%*</td> </tr> <tr> <td>Protein</td> <td>1 g</td> <td>0%*</td> </tr> <tr> <td>Niacin (as niacinamide)</td> <td>50 mg</td> <td>313%</td> </tr> <tr> <td>Vitamin B6 (as pyridoxine HCl)</td> <td>1.7 mg</td> <td>100%</td> </tr> <tr> <td>L-Theanine</td> <td>200 mg</td> <td>**</td> </tr> <tr> <td>Melatonin</td> <td>2 mg</td> <td>**</td> </tr> </tbody> </table> <p>*Percent Daily Values (DV) are based on a 2,000 calorie diet **Daily Value not established</p>		Amount Per Serving	% Daily Value	Calories	20		Total Carbohydrate	4 g	1%*	Total Sugars	3 g	**	Includes 3 g Added Sugars		6%*	Protein	1 g	0%*	Niacin (as niacinamide)	50 mg	313%	Vitamin B6 (as pyridoxine HCl)	1.7 mg	100%	L-Theanine	200 mg	**	Melatonin	2 mg	**	<p>Supplement Facts Serving Size 3 Capsules Servings Per Container 30</p> <table border="1"> <thead> <tr> <th></th> <th>Amount Per Serving</th> <th>% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Niacin</td> <td>6 mg</td> <td>38%</td> </tr> <tr> <td>Vitamin B6 (as pyridoxine HCl)</td> <td>4 mg</td> <td>235%</td> </tr> <tr> <td>Magnesium (as magnesium glycinate)</td> <td>230 mg</td> <td>55%</td> </tr> <tr> <td>GABA (gamma-aminobutyric acid)</td> <td>400 mg</td> <td>**</td> </tr> <tr> <td>L-Theanine</td> <td>200 mg</td> <td>**</td> </tr> <tr> <td>L-Tryptophan</td> <td>50 mg</td> <td>**</td> </tr> <tr> <td>5-HTP (5-Hydroxytryptophan from Griffonia simplicifolia seed extract)</td> <td>50 mg</td> <td>**</td> </tr> </tbody> </table> <p>**Daily Value not established</p>		Amount Per Serving	% Daily Value	Niacin	6 mg	38%	Vitamin B6 (as pyridoxine HCl)	4 mg	235%	Magnesium (as magnesium glycinate)	230 mg	55%	GABA (gamma-aminobutyric acid)	400 mg	**	L-Theanine	200 mg	**	L-Tryptophan	50 mg	**	5-HTP (5-Hydroxytryptophan from Griffonia simplicifolia seed extract)	50 mg	**	<p>Supplement Facts Serving Size 2 Scoops (17 g) Servings Per Container About 21</p> <table border="1"> <thead> <tr> <th></th> <th>Amount Per Serving</th> <th>% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>70</td> <td></td> </tr> <tr> <td>Total Fat</td> <td>3 g</td> <td>4%*</td> </tr> <tr> <td>Saturated Fat</td> <td>2.5 g</td> <td>13%*</td> </tr> <tr> <td>Total Carbohydrate</td> <td>2 g</td> <td>1%*</td> </tr> <tr> <td>Total Sugars</td> <td>< 1 g</td> <td>**</td> </tr> <tr> <td>Protein</td> <td>9 g</td> <td>0%*</td> </tr> <tr> <td>Sodium</td> <td>65 mg</td> <td>3%</td> </tr> <tr> <td>Potassium</td> <td>40 mg</td> <td>1%</td> </tr> <tr> <td>Collagen peptides (from bovine)</td> <td>10 g</td> <td>**</td> </tr> <tr> <td>Chamomile (flower) extract powder</td> <td>300 mg</td> <td>**</td> </tr> <tr> <td>KSM-66® (Ashwagandha root extract)</td> <td>300 mg</td> <td>**</td> </tr> <tr> <td>Reishi (Ganoderma lucidum) powder (mycelium and fruiting body)</td> <td>120 mg</td> <td>**</td> </tr> </tbody> </table> <p>*Percent Daily Values (DV) are based on a 2,000 calorie diet **Daily Value not established</p>		Amount Per Serving	% Daily Value	Calories	70		Total Fat	3 g	4%*	Saturated Fat	2.5 g	13%*	Total Carbohydrate	2 g	1%*	Total Sugars	< 1 g	**	Protein	9 g	0%*	Sodium	65 mg	3%	Potassium	40 mg	1%	Collagen peptides (from bovine)	10 g	**	Chamomile (flower) extract powder	300 mg	**	KSM-66® (Ashwagandha root extract)	300 mg	**	Reishi (Ganoderma lucidum) powder (mycelium and fruiting body)	120 mg	**
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INGREDIENTS	Niacin (as niacinamide) (Vitamin B3), Vitamin B6 (as pyridoxine HCl), L-Theanine, Melatonin, Glucose syrup, sugar (from beets), water, gelatin, orange juice concentrate, natural flavor, citric acid, colors (from carrot, blackcurrant), pectin (derived from apples and/or citrus), vegetable oil (coconut, canola), carnauba leaf wax (to prevent sticking)	GABA (gamma-aminobutyric acid), L-Theanine, Magnesium (as magnesium glycinate), L-Tryptophan, 5-HTP (5-Hydroxytryptophan from Griffonia simplicifolia seed extract), Niacin, Vitamin B6 (as pyridoxine HCl), Other ingredients: Vegetarian (cellulose) capsule, magnesium stearate, MCT oil powder (medium chain triglycerides, tapioca maltodextrin)	Collagen Peptides (from bovine), Chamomile (flower) extract powder, KSM-66® (Ashwagandha root extract), Reishi (Ganoderma lucidum) powder (mycelium and fruiting body), organic coconut milk powder, natural flavors, silica, stevia leaf Reb M.																																																																																														
TRANSPARENCY	COLLAGEN PEPTIDE HYDROLYSIS PROCESSING	N/A	N/A	Collagen peptides are hydrolyzed using purified water, proteolytic enzymes (nutrients that break down protein) and hot, pressurized air.																																																																																													
	TESTING PRACTICES	We regularly and rigorously test our raw materials and finished products for microorganisms and heavy metals to ensure are products are in full compliance with the standards of Prop 65 and NSF International, an accredited, independent third-party certification body that certifies production facilities to verify they meet public health and safety standards.																																																																																															
	MANUFACTURING INFORMATION	This product is manufactured in an NSF-certified facility that processes milk, eggs, fish, soy, peanuts, and tree nuts.																																																																																															
	SUPPORTING RESEARCH	N/A	N/A																																																																																														

**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.