

# Sleep tonight™

## Sleep Tonight for a focused tomorrow.

This formula helps reduce stress for a better night's rest.\*

Sleep Tonight is formulated to balance stress hormones like cortisol.\* This gentle formula contains stress-reducing botanicals, and phosphatidylserine, which together help support a healthy endocrine response to mental stress.\*

Greet tomorrow refreshed and focused to take on the day.



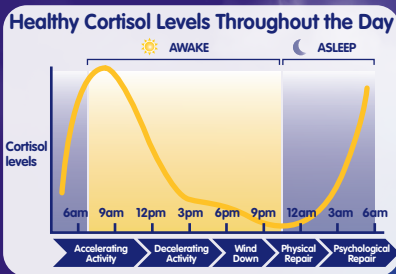
\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## A Good Day Starts with a Good Night.

When stress occasionally keeps you awake at night, wind down with Sleep Tonight™ formula, and get an edge on the day tomorrow!\*

Everyday stressors cause stress hormones in your body to become elevated. Sleep Tonight helps activate your body's relaxation response to return stress hormones to healthy levels—both night and day.\*

Variations of cortisol secretion can be an indicator of how well a body is coping with stress. As illustrated in the chart below, cortisol production is generally at its peak in the early hours of the morning and then gradually declines over the course of the day. Sleep tonight is formulated to support a balanced cortisol response to stress.\*



\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ENZYMATIC THERAPY

# Sleep tonight™

## PUT STRESS TO REST™\*

Helps reduce stress for a better night's sleep\*

Dietary Supplement / 28 TABLETS

\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Recommendation:** For adults, take 1 tablet before bedtime. Increase to 2 tablets during times of high stress.

## Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% DV
Stress-Reducing Proprietary Blend	250 mg	**
ashwagandha (Sensoril® brand) root and leaf extract and L-Theanine (Suntheanine® brand)		
Cortisol-Reducing Proprietary Blend	225 mg	**
magnolia bark extract standardized to 2% honokiol (3 mg) and 1% magnolol (1.5 mg) and epimedium aerial part extract		
Phosphatidylserine (soy)	50 mg	**

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, stearic acid, magnesium stearate, silicon dioxide, titanium dioxide color, hydroxypropylcellulose, glycerin, soy lecithin, carnauba wax

Contains soy.

**Caution:** Do not use if pregnant. If nursing, diabetic or taking any medications, consult a healthcare professional before use. **Keep out of reach of children.**

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 and 7,318,938.

Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.

**GLUTEN FREE.** No sugar, salt, yeast, wheat, corn, dairy products, artificial flavors or preservatives.

©2016 Enzymatic Therapy, LLC  
(part of Nature's Way Brands, LLC),  
Green Bay, WI 54311 USA

Questions? 1-800-783-2286 / enzy.com