

USAGE: Take 2 capsules 20 to 30 minutes prior to bedtime or as directed by your qualified healthcare professional.

WARNING: Do not drive or operate machinery immediately following use of this product.

NOTE: If you have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially MAO inhibitors such as iproniazid), consult your healthcare professional before using this product.

Jarrow Formulas® Sleep Optimizer® combines herbs and amino acids that work together to facilitate falling asleep and maintaining a regular sleep cycle.* Gamma-aminobutyric acid (GABA), lemon balm and L-tryptophan promote relaxation.* The combination of valerian and hops has been studied for its effect on reducing latency (the delay before entry into sleep).* Melatonin is a neurohormone, secreted by the pineal gland that controls the biological clock and signals the entry into sleep.* Our biological clock can be disturbed by stress, crossing time zones and changing work shifts.

**Keep out of the reach of children.
Store in a cool, dry place; keep lid tightly closed.**

* 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.

TryptoPure® is a registered trademark of AJINOMOTO® CO., INC.

PharmaGABA® is a registered trademark of Pharma Foods International of Japan.

Lot #. Best Used Before:

Jarrow
FORMULAS®

Sleep Optimizer®

Promotes Relaxation*
& a Healthy Sleep Cycle*

60 DIETARY
VEGGIE CAPS SUPPLEMENT



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% DV
Valerian Root Complex (<i>Valeriana officinalis</i>)	400 mg	†
L-Tryptophan (<i>TryptoPure®</i>)	300 mg	†
Hops Strobile Complex (<i>Humulus lupulus</i> L.)	100 mg	†
Lemon Balm Leaf Complex (<i>Melissa officinalis</i>)	100 mg	†
PharmaGABA® (Gamma-Aminobutyric Acid)	100 mg	†
Melatonin	0.3 mg	†

† Daily Value not established.

Other Ingredients: Maltodextrin, silicon dioxide and magnesium stearate (vegetable source). Capsule consists of hydroxypropylmethylcellulose. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.



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