

## WHAT IS DEFRAG?

DEFRAG™ WAS FORMULATED WITH ONE THING IN MIND - SLEEP. NO MATTER WHAT YOUR DAY-TO-DAY GRIND CONSISTS OF, GETTING THE MOST OUT OF YOUR SHUT EYE IS CRUCIAL TO HOW YOU'RE ABLE TO PERFORM. DON'T GET STUCK HITTING SNOOZE. EACH SERVING OF DEFRAG™ WILL PROVIDE YOU WITH PROPERLY DOSED AND SCIENTIFICALLY PROVEN INGREDIENTS THAT ARE KNOWN TO IMPROVE QUALITY OF SLEEP AND EYE HEALTH, WHILE ALSO REGULATING STRESS INDUCING CORTISOL LEVELS SO YOU WAKE UP FEELING REFRESHED AND PRIMED TO PERFORM AT THE HIGHEST LEVEL.\*

## WHAT TO EXPECT

- IMPROVED SLEEP\*
- SUPPORTS EYE HEALTH\*
- REGULATED CORTISOL LEVELS\*
- MANAGE STRESS LEVELS\*
- METABOLIZE CAFFEINE QUICKER\*



M E T H O D

1G | 3MG | 150MG  
GABA | MELATONIN | 5-HTP

# DEFRAG

OPTIMIZE SLEEP

30  
SERVINGS

DIETARY SUPPLEMENT  
NET WT. 148.77 G (5.25 OZ)

FRUIT PUNCH  
NATURAL AND ARTIFICIALLY FLAVORED

## SUPPLEMENT FACTS

Serving Size: 1 scoop (5g)  
Servings Per Container: 30

	Amount Per Serving	%DV
Magnesium (as Magnesium Bisglycinate Chelate)	56mg	18%
Zinc (as Zinc Aspartate 20%)	6mg	40%
<b>RELAXING NEURO SUPPORT COMPLEX</b>		
Gamma Aminobutyric Acid (GABA)	1000mg	†
Griffonia Simplicifolia Seed Extract 5-HTP 98% (Griffonia simplicifolia)	150mg	†
L-Theanine	100mg	†
Melatonin 99%	3mg	†
<b>ANTI-STRESS &amp; ADAPTOGEN COMPLEX</b>		
Reishi Mushroom Powder (Ganoderma lucidum)(fruit)	500mg	†
KSM-66 brand Ashwagandha 5%	300mg	†

Phosphatidyl Serine 20%	200mg	†
Rutaecarpine 98% (Evodia rutaecarpa)(fruit)	100mg	†
<b>ESSENTIAL MINERAL COMPLEX</b>		
Magnesium Bisglycinate Chelate	400mg	†
Zinc Aspartate 20% (yielding 6mg of Zinc)	30mg	†
<b>OPTICAL SUPPORT COMPLEX</b>		
Marigold Flower Extract (Lutein 5%)(Tagetes erecta)	20mg	†
Zeaxanthin 5%	4mg	†

\* Percent Daily Values are based on a 2000 calorie diet  
† Daily Value not established

**Other Ingredients:** Citric Acid, Natural and Artificial Flavoring, Silica, Sucralose, Calcium Silicate, FD&C Red #40

**SUGGESTED USE:** MIX ONE SCOOP WITH 8-10 OZ OF WATER 30-40 MINUTES PRIOR TO SLEEP. FIRST TIME USERS, ASSESS YOUR TOLERANCE BY MIXING ONE HALF SCOOP WITH 4-6 OZ WATER 30-40 MINUTES BEFORE SLEEP. DO NOT EXCEED MORE THAN 1 SCOOP PER DAY.

**NOTE:** MOST EFFECTIVE WHEN TAKEN ON AN EMPTY STOMACH.

**STORAGE:** STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN AND PETS. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. PRODUCT SOLD BY WEIGHT NOT VOLUME. SETTLING MAY OCCUR.

**WARNING:** THIS PRODUCT IS INTENDED FOR HEALTHY ADULTS. CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE USE OF THIS PRODUCT TO ADDRESS ANY CONCERNS. FOR ADULT USE ONLY AT BEDTIME. THIS PRODUCT IS NOT TO BE TAKEN BY PREGNANT OR LACTATING WOMEN, OR WOMEN TRYING TO BECOME PREGNANT. IF YOU ARE TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT A PHYSICIAN BEFORE USING THIS PRODUCT. DO NOT USE IN CONJUNCTION WITH ALCOHOLIC BEVERAGES, WHEN DRIVING A VEHICLE, OR OPERATING MACHINERY. DISCONTINUE USE IF YOU EXPERIENCE ANY ADVERSE EFFECTS. THIS PRODUCT MAY CONTAIN CHEMICALS KNOWN TO THE STATE OF CALIFORNIA TO CAUSE CANCER, BIRTH DEFECTS, OR OTHER REPRODUCTIVE HARM.

 **MANUFACTURED IN THE USA**  
IN A GMP CERTIFIED FACILITY  
**METHOD PERFORMANCE**  
PO BOX 423  
EASTLAKE, CO 80614  
[CHOOSEYOURMETHOD.COM](http://CHOOSEYOURMETHOD.COM)

\* 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.

