

**EACH GUMMY CONTAINS:**

Vitamin B <sub>6</sub> (pyridoxine hydrochloride) .....	1.5 mg
L-Theanine .....	75 mg
Lemon Balm ( <i>Melissa officinalis</i> ) Herb Top Extract (10:1) .....	20 mg (200 mg dried equivalent)
MicroActive™ Melatonin .....	0.5 mg



Vegan



Gluten-Free

GENESTRA  
BRANDS™

# Sleep Gummies

*Helps re-set the body's sleep-wake cycle**Fall Asleep Faster\***Stay Asleep Longer\**

Natural Raspberry-Tea Flavour

60 GUMMIES

NPN 80116/757

**CHAQUE GÉLIFIÉ CONTIENT :**

Vitamine B <sub>6</sub> (chlorhydrate de pyridoxine) .....	1.5 mg
L-théanine .....	75 mg
Extrait de sommités fleuries de mélisse ( <i>Melissa officinalis</i> ) (10:1) .....	20 mg (Équivalent sec 200 mg)
MicroActive™ Mélatonine .....	0.5 mg



Végétalien



Sans gluten

GENESTRA  
BRANDS™

# Sommeil Gélifiés

*Contribue à rétablir le cycle sommeil/éveil du corps**Endormez-vous plus rapidement\***Restez endormis plus longtemps\**Saveur naturelle de  
thé à la framboise

60 GÉLIFIÉS

NPN 80116/757

Non-Medicinal Ingredients: Isomalto-oligosaccharides, purified water, organic cane sugar, pectin, citric acid, natural flavours, sodium citrate, hypromellose, sodium alginate, microcrystalline cellulose, carnauba wax, black carrot powder, coating (organic sunflower oil, organic carnauba wax), organic fruit blend (strawberry, raspberry, wild blueberry, sour cherry, pomegranate, cranberry), organic stevia leaf extract.

**Recommended Adult Dose:** All uses except jet lag: Take 2 gummies daily, at or before bedtime, or as recommended by your healthcare practitioner. **Jet lag:** Take 2 gummies daily at bedtime, while travelling, and at destination until adapted to the new time zone or daily pattern. Consult your healthcare practitioner for use beyond 4 weeks. **Risk Information:** Do not use this product if you are pregnant or breastfeeding. Do not drive or use machinery for 5 hours after taking melatonin. Consult your healthcare practitioner prior to use if you are taking medications for seizure, blood pressure, to suppress the immune system, to affect mental state or increase sedation, steroids, or blood thinners, or have cardiovascular, immune, liver, or chronic kidney disease, hormonal or seizure disorders, asthma, depression, diabetes, low blood sugar, or migraine. Avoid taking with alcohol or products that cause drowsiness. Consult your healthcare practitioner if sleeplessness persists for more than 4 weeks or if symptoms persist or worsen. Stop use if allergy occurs or if you experience headache, confusion, or nausea. Some people may experience drowsiness. Exercise caution if involved in activities requiring mental alertness. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place. Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity. Gummy size and colour may vary.

\* Helps to speed up the time it takes to fall asleep in people who fall asleep slowly; Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule (such as shift work or jet lag).

MicroActive™ is a trademark of/ est une marque de commerce de BioActives, LLC.

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