

# All-night Zzz's.

Helps you fall asleep, stay sleep and alleviate occasional sleeplessness\* This patent-pending formula contains melatonin<sup>4</sup> and a proprietary blend of valerian, lemon balm, and L-theanine to promote more restful sleep.

#21400 | 30 VEGAN SOFTGEL CAPSULES  
RETAIL PRICE: \$25.00 | MEMBER PRICE: \$21.25 | PV: 15.50

FALL ASLEEP FASTER. WAKE UP MORE RESTED



Vegan



Gluten Free

## Why We Love It

- Contains melatonin, an ingredient shown to help regulate the sleep-wake cycle. Melatonin is clinically proven to help you fall asleep faster<sup>1,2,3</sup>
- Contains a clinically tested blend of valerian and lemon balm, which act synergistically to promote sleep and improve sleep quality<sup>5</sup>
- Vegetarian soft gel capsule

GET THE SLEEP YOU'VE BEEN DREAMING OF

**DIRECTIONS:** Take 1 softgel 30 minutes before bedtime.

### Supplement Facts

Serving Size: 1 Softgel

	Amount Per Serving	% DV
Melatonin	2 mg	†
Sleep Proprietary Blend	250 mg	†
Valerian extract (root), Lemon balm extract (leaf), L-theanine		

†Daily Value (DV) not established.

**Other Ingredients:** Medium Chain Triglycerides, Silicon Dioxide, Sunflower Lecithin, in a Soft Vegetarian Capsule (Modified Corn Starch, Glycerin, Carrageenan, Sorbitol, Water, Titanium Dioxide, Sodium Copper Chlorophyllin).

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**CAUTION:** May cause drowsiness. You should not drive or undertake any activity requiring careful attention. Not recommended for use by children. If pregnant, nursing, or taking prescription medication, consult your physician prior to use.

1. Attenburrow, M.E., P.J. Cowen, and A.L. Sharpley, Low dose melatonin improves sleep in healthy middle-aged subjects. *Psychopharmacology (Berl)*, 1996. 126(2): p. 179-81.

2. Wurtman, R.J. and I. Zhdanova, Improvement of sleep quality by melatonin. *Lancet*, 1995. 346(8988): p. 1491.

3. Zhdanova, I.V., et al., Sleep-inducing effects of low doses of melatonin ingested in the evening. *Clin Pharmacol Ther*, 1995. 57(5): p. 552-8. Dawson, D., S. Gibbon, and P. Singh, The hypothermic effect of melatonin on core body temperature: is more better? *J Pineal Res*, 1996. 20(4): p. 192-7.

4. Synthetic melatonin which is biologically identical to what we make naturally in our brains.

5. Taavoni, S., N. Nazem Ekbatani, and H. Haghani, Valerian/lemon balm use for sleep disorders during menopause. *Complement Ther Clin Pract*, 2013. 19(4): p. 193-6.

\*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.

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## FAQ Product Use

**Who should take this product?** Any adult who would like occasional support for sleep.

**How does it work?** Dream Serene is scientifically formulated with ingredients to help you fall asleep faster and stay asleep.\*

**How should I take this product?** Take one softgel with water 30 minutes before bedtime.

**Can I take more than one softgel?** No. Appropriate use is 1 softgel.

**Can I take this product every night?** Dream Serene is designed for use in occasional or intermittent sleeplessness. For more persistent or severe sleep disturbance you should consult your physician.

**Will I feel sleepy in the morning?** You should not feel sleepy in the morning. If you do, try taking the softgel one hour before bedtime.

**Can children take this product?** Dream Serene is designed for adults. Discuss usage by anyone under age 18 with their physician.

## Ingredients

**What is melatonin?** Melatonin is a hormone produced in the body that regulates sleep-wake cycles. Many factors can interfere with your normal sleep cycle including shift work, jet lag and stress. Taking melatonin has been clinically proven to help you fall asleep faster.<sup>1,2,3</sup> Dream Serene contains synthetic melatonin to ensure purity and potency.

**What is valerian?** Valerian is a plant that has traditionally used for relaxation and supporting sleep.<sup>9</sup> Valerian root supplementation may reduce the time necessary to fall asleep and improve sleep quality in individuals with sleep problems.<sup>10</sup> Valerian root extract+ lemon balm extract blend has been clinically tested to improve sleep quality.<sup>5</sup>

**What is lemon balm?** Lemon Balm extract is used in teas and traditional medicine to relieve headaches and treat sleeplessness due to emotional causes. It is clinically shown to affect sleep and mood.<sup>5,7,8</sup>

**How do valerian and lemon balm work together?**

The synergistic blend of valerian & lemon balm promotes more restful sleep.<sup>5</sup>

**What is L-theanine?**

L-theanine is an amino acid found in tea leaves that may help with the stress response.<sup>6</sup>

### References

1. Attenburrow, M.E., P.J. Cowen, and A.L. Sharpley, Low dose melatonin improves sleep in healthy middle-aged subjects. *Psychopharmacology (Berl)*, 1996. 126(2): p. 179-81.
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6. Unno K, Tanida N, Ishii N, Yamamoto H, et al. Anti-stress effect of theanine on students during pharmacy practice: positive correlation among salivary  $\alpha$ -amylase activity, trait anxiety and subjective stress. *Pharmacol Biochem Behav*. 2013 Oct;111:128-35.
7. Shakeri, A., A. Sahebkar, and B. Javadi, Melissa officinalis L. – A review of its traditional uses, phytochemistry and pharmacology. *J Ethnopharmacol*, 2016. 188: p. 204-28.
8. Scholey, A., et al., Anti-stress effects of lemon balm-containing foods. *Nutrients*, 2014. 6(11): p. 4805-21.
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11. Leathwood P D, Chauffard F, Heck F., Munoz-Box R. Aqueous extract of valerian root (Valeriana officinalis L.) improves sleep quality in man. *Pharmacol Biochem Behav*. 1982 Jul;17(1):65-71. PubMed PMID:7122669.

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