



QSleep

Provides a natural solution to help you quickly fall asleep and stay asleep so you can wake up refreshed. QSleep contains all-natural ingredients, including melatonin, 5-HTP, and L-theanine, as well as a proprietary herbal extract, which synergistically promotes restful sleep and helps your mind and body rejuvenate.*

What's in QSleep?

- **Melatonin:** A natural hormone produced by the pineal gland, melatonin helps control your sleep and wake cycles.*
- **5-HTP (5-Hydroxytryptophan):** This chemical by-product of the protein building block L-tryptophan works in the brain and central nervous system to increase the production of serotonin, which affects sleep.*
- **L-theanine:** An amino acid that has been shown to relieve stress by inducing a relaxing effect.*
- **Cramp Bark:** Used to decrease muscle spasms, these chemicals may lower blood pressure and decrease heart rate.*
- **Feverfew:** Effective for preventing migraine headaches, which can interfere with sleep.*
- **Ginkgo biloba:** Improves blood circulation, which might help the brain, eyes, ears, and legs function better.*
- **Passionflower:** Often used for insomnia and gastrointestinal (GI) upset related to anxiety or nervousness, the chemicals in passionflower have been used for calming, sleep inducing, and muscle spasm relieving effects.*
- **Peppermint:** Aids in helping relieve muscle pain, nerve pain, digestive processes, upset stomach, menstrual problems, and inflammation.*
- **Skullcap:** Used for restless sleep, anxiety, stroke, and spasms.*
- **Valerian root:** Helps with anxiety works particularly well when combined with other herbs including passionflower.*

Features:

- Natural sleep support spray*
- Formulated with the highest quality natural ingredients*
- Delivers maximum absorption and effectiveness*

Suggested Use: Before initial use, activate the pump by pressing two to four times. Shake gently and spray directly into mouth before bedtime to promote sleep.



*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.



KEY BENEFITS:

- Helps your body and mind rejuvenate throughout the night*
- Supports a healthy brain and nervous system*
- Promotes healthy metabolic function*

Live Life eXponentially!



QSleep

Natural Sleep Support Spray

Supplement Facts

Serving Size: 8 sprays (0.4 ml)

Servings Per Container: 30

Amount Per Serving		% Daily Value
Melatonin	1.0 mg	*
5-HTP	0.75 mg	*
L-Theanine	0.75 mg	*

Ingredients: Purified water, Xylitol, Glycerin, Alcohol, Melatonin; 5-hydroxytryptophan (5-HTP) from Griffonia simplicifolia, L-theanine, Proprietary herbal extract, Spearmint flavor, Potassium sorbate

*DV Not established

With proprietary extract from Camp bark, Feverfew, Ginkgo biloba, Passionflower, Peppermint, Skullcap and Valerian root